

The Importance of the Nursing Role in Preventive Health

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Abstract

This study aims to he role of nursing and its impact on preventive health, the role of nursing and its impact on community health, the impact of nursing on the health of community groups, the role of preventive health on the lives of various groups of society, A questionnaire was prepared via Google Drive and distributed to the population aged 25-55 years, men and women, in the city of Mecca. As for the questionnaire, it was distributed via the social networking program (WhatsApp) for the purpose of distancing for fear of the presence of the Corona virus, 390 questionnaires were distributed, and 380 responses were obtained via email to the principal researcher.

Keywords: The importance, of the nursing role, in preventive health.

1. Introduction

Nursing is a group of services that are given to farmers and their families, aiming to help them naturally improve their condition or help them relieve their organic and psychological pain. Nursing services may also be used to diagnose and treat their condition or assist in diagnosing and progressing for the sake of progress. Nursing is considered a service to individuals, whether sick or healthy, to carry out their daily requirements that depend on their ability themselves, and it requires the strength of performance and individuals, In order for a nurse to do his job well, he needs a foundation of medical and social sciences to help him deal with individuals or the disabled, just as he deals with newborns, children, young people, and the elderly. Therefore, when preparing nursing staff, attention must be paid to the requirements and duties of the health

services available in the country, and focus on preparing Nurses in nursing institutes and schools must: maintaining health and promoting it to its highest levels. ⁽¹⁾

Preventive medicine, or prevention, is the measures taken to prevent disease. ⁽²⁾ Disease and disability are influenced by environmental factors, genetic predisposition, pathogens, and lifestyle choices. These are dynamic processes that begin before individuals realize they are infected. Disease prevention depends on proactive measures that can be classified as primary, ⁽³⁾⁽⁴⁾, primary, secondary and tertiary. The importance of preventive health care has increased in particular following the global rise in the prevalence of chronic diseases and deaths from these diseases. There are many ways to prevent the disease. One of them is to prevent smoking among adolescents by providing information and spreading awareness. ⁽⁵⁾⁽⁶⁾⁽⁷⁾⁽⁸⁾ It is recommended that adults and children visit a doctor for regular check-ups, even if they feel well, to have a medical examination, identify risk factors for disease, discuss advice about a healthy and balanced lifestyle, and keep up with vaccinations. reinforcements, and maintaining a good relationship with your health care provider. In pediatrics, some common examples of primary prevention are encouraging parents to lower the temperature of the water heater in the home to avoid burns, encouraging children to wear bicycle helmets, and suggesting the use of the air quality index (AQI) to check the level of pollution in the outdoor air before engaging in sports activities. Some common disease screenings include screening for high blood pressure, high blood sugar (a risk factor for diabetes), hypercholesterolemia, and screening for colon cancer, depression, HIV and other common types of sexually transmitted diseases such as chlamydia and syphilis. Gonorrhea, mammography (to check for breast cancer), Papanicola smear test (to check for cervical cancer), and osteoporosis screening. Genetic testing may also be done to detect mutations that cause genetic disorders or a predisposition to certain diseases such as breast or ovarian cancer ⁽⁹⁾. But these measures are not available to everyone. The cost-effectiveness of preventive health care is still a topic of debate. ⁽¹⁰⁾⁽¹¹⁾. Protecting the individual and the family from disease, including the mother and the child. Caring for the sick and disabled and qualifying them to live with their disabilities and caring for the elderly. Nurses play a vital role in chronic disease management and are well positioned to enhance the planning and delivery of the healthcare resources in primary care. In Canada, licensed practical nurses or registered practical nurses (LPNs/RPNs), registered nurses (RNs), and nurse practitioners (NPs) all contribute to the delivery of primary care services. ⁽¹²⁾

2. Material and Methods:

The study began in (the city of Mecca in the Kingdom of Saudi Arabia), and the study ended with writing the data collection in September 2024. The researcher used descriptive analysis, an approach that uses quantitative or qualitative description of the social phenomenon (The importance of the nursing role in preventive health). The independent variable (The impact of the nursing role in preventive health globally) and the dependent variable (The impact of the nursing role in preventive health locally). This type of study is characterized by analysis, reason, objectivity, and reality. It is also concerned with individuals and societies, as it studies the variables and their impact on the health of the individual, society, and the consumer, and the

spread of diseases and their relationship. For demographic variables such as age, gender, nationality, and marital status. Status and occupation ⁽¹³⁾, and use the Excel 2010 Office suite pie chart to sort the results ⁽¹⁴⁾. The questionnaire is a wonderful and useful tool for collecting a huge amount of data, but the researchers were not able to conduct personal interviews with the participants in the online survey, due to social distancing rules at the time to prevent infection between participants and researchers and vice versa (Coronavirus sharing has not completely disappeared. of the community), and the questionnaire was only answered electronically, because the questionnaire consists of fifteen questions, all of which are closed-ended.

3. Results and discussion:

The percentage of approval to participate in a questionnaire entitled (The Nursing Role for Preventive Health) was 100%, while the percentage of refusal to participate was 0%, and the percentage of ages of participants was as follows: from 25-34 years old 14.3%, and the percentage of ages 35-44 years old was 42.9% and the same. Equal to the percentage of ages 45-55 years, 42.9%. As for the gender of the participants, it was as follows: the percentage of males was 14.3% and females was 85.7%. As for their nationalities, they were all 100% Saudi. As for their professions, the percentage of male and female administrators was 14.3%, and the percentage of male and female technicians was 85.7%. As for their educational status, it was: diploma holders: 57.1%, university degree holders: 28.6%, master's degree holders: 13.3%. As for their responses to the questionnaire questions, they were as follows: Preventive health services aim to enhance the health and well-being of the individual and society, by enabling people to make positive choices related to following a healthy lifestyle? The second question: Achieving excellent prevention leads to achieving balance in their physical, psychological and emotional health? Question Three: An example of preventive health, a wellness program, screening and early detection programs, and health prevention services? Yes 100%. Question 4: Wellness services enable people to make choices related to healthy lifestyles? Yes 85.7% No 0% I don't know 14.3%. Question five: Health prevention services work to enhance health, safety, and standard of living by preventing and combating infectious diseases and infections. Question Six: Preventive health care services help women, men and children take preventive vaccinations and conduct regular and preventive early detection examinations? Question Seven: Can nurses raise the level of awareness for children or youth by attending lectures in schools or universities? Question Eight: Is obtaining preventive vaccines against infectious diseases one of the ways of prevention? Question 9: Have you ever attended a preventive health training course? Question 10: Preventive care also focuses on diagnosing health problems before their symptoms or complications develop? Question Eleven: When preventive care is conducted well, does this reflect positively on the general health of society and reduce health care costs? Question Twelve: Must the nurse raise awareness about preventive health and remind patients of it? Question Thirteen: The health practitioner is obligated to assist the competent authorities in performing their duty to protect public health and ward off the dangers that threaten it? The penultimate question: Are there preventive awareness programs and disseminated in schools, universities, etc. to enhance the importance of educating children and youth? Last question: Promote and

remind nurses to patients to use preventive health applications such as Sehaty and others? Yes 100%. (table no.1)

Table: no-1: The nursing role of preventive health according to the opinions of participants

The importance of the nursing role in preventive health	Yes	No	I don't know
Preventive care also focuses on diagnosing health problems before their symptoms or complications develop.	100%	0%	0%
Existing preventive awareness programs and disseminating them in schools, universities, etc. to enhance the importance of educating children and youth?	100%	0%	0%
Promote and remind nurses to patients to use preventive health applications such as My Health and others?	100%	0%	0%
Should the nurse raise awareness about preventive health and remind patients of it?	100%	0%	0%

There is a study entitled (A Primary Care Nursing Perspective on Chronic Disease Prevention and Management) in 2017 ⁽¹⁵⁾, Nursing contribution to chronic disease management Preventive care in primary care. There are clinical activities such as nurse performance clinics, use nursing protocols, conduct annual health visits, and chronic diseases Education has an effective role in chronic disease management and prevention.

4. Conclusion:

The study summarizes the nursing role in preventive health as follows: Preventive care also focuses on diagnosing health problems 100% before their symptoms or complications appear, Existing preventive awareness programs and their dissemination in schools, universities, etc. 100%, Nurses promote and remind patients to use preventive health applications such as My Health and others? 100%, Should the nurse spread awareness about preventive health and remind patients about it? 100%, this indicates the great role of nursing in preventing diseases.

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