



SNS COLLEGE OF NURSING **SARAVANAMPATTI, COIMBATORE-35** DEPARTMENT OF NURSING **COURSE NAME : BSC (N) I YEAR** SUBJECT : NURSING FOUNDATION UNIT I: INTRODUCTION **TOPIC : HEALTH CARE SERVICES.**



INTRODUCTION



- Health care or healthcare is the improvement of
 - health via the prevention, diagnosis, treatment,
 - amelioration or cure of disease, illness, injury,
 - and other physical and mental impairments in people.



DEFINITION



>Health care service is defined as a multiple services rendered to a individual, families and communities by agent of a health services or profession for the purpose of promoting, maintaining, monitoring or restoring the health



PURPOSE & GOALS..



➢Purpose

- To improve health status of the population
 Goals of health care service:
- Reduction of mortality and morbidity rate,
- Increase expectation of life,
- Decrease in population growth rate,
- Improvement in nutritional status,
- ➤ Basic sanitation,





HEALTH PROMOTION AND LEVELS OF DISEASE PREVENTION

2/21/2023

TYPES OF HEALTH CARE SERVICES/NURSING FOUNDATION/MRS.P.ARIVARSI







- Health promotion is the process of enabling people to increase control over their health and its determinants, and thereby improve their health.
- Health promotion services include early detection of disease. This is accomplished through routine screening of the population and focused at increased risk of certain conditions.



- General competencies of self care
- Nutritional practice,
- Physical and recreational activities,
- Sleep patterns, Self actualization,
- Stress management, Sense of purpose,
- Relationship with others,
- environment control & Use of health care system

2/21/2023





 Disease prevention involves such practice as providing immunization, identifying the risk factors for illnesses, helping people take measures to prevent these illnesses from occurring.



LEVELS OF DISEASES PREVENTION



Primordial prevention:

It is a new concept and is receiving special attention in the prevention of chronic disease. This is primary prevention in its purest sense, that is prevention of the emergency or risk factors in countries or population group in which they have not appeared.







- Primary prevention:
 - It focuses on individual not on experiencing health problems. Primary prevention includes health education programmes, immunization, physical and nutritional fitness activities







Secondary prevention:

a. secondary prevention focuses individual experiencing health problems or illness and who are at risk for developing complications or worsening conditions.It includes preventing wound infection, administering medications, assisting with the personal hygiene







- Tertiary prevention:
- a) It focuses on individuals with short or long term disabilities. It focuses towards rehabilitation rather than diagnosis and treatment.
- b)The goal of care at this level is to help client to achieve as high level of functioning.This level of care is called as preventive care.





PRIMARY HEALTH CARE

- Primary care includes health promotion, disease
 - prevention, health maintenance, counselling, patient
 - education, diagnosis and treatment of acute and
 - chronic illnesses in a variety of health care settings
 - (e.g., office, inpatient, critical care, long-term care,
 - home care, day care, etc.).





- Opportunity to the nurse to see the client and family as one system and allow for holistic and high quality patient care,
- Nurse independence, responsibility and accountability are increased,
- Nurse is able to use wide range of skill, knowledge and expertise,
- > Work satisfaction may increase.



DEMERITS OF PRIMARY CARE



- Little chance for group planning of client care,
- > It may be cost effective,
- An adequate prepared primary nurse may be incapable of co-ordinating a multi-disciplinary team.

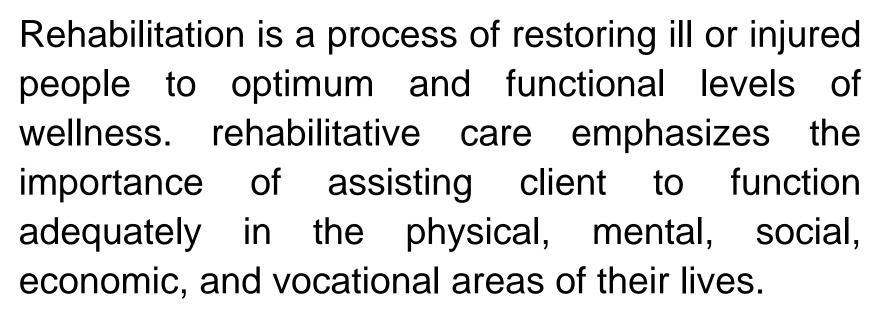




- In the past, The largest segment of the health
 - care services has been dedicated to the diagnosis and treatment of illness.
- But now free standing diagnostic and the treatment facilities have also evolved and serve



REHABILITATION AND CONTINUING CARE









Rehabilitation is restoration of person to normal or near normal function after a physical or mental illness/ injury or chemical addition.

a. Cardiovascular & Pulmonary programmes,

b. Sports medicine, Alcohol and drug dependent

c.Stroke and spinal cord injury programme.



CONCLUSION



Public health is a vital function that requires broad public concern and support in order to fulfill society's interest in assuring the conditions in which people can be healthy.







- 1. Define health care services.
- 2. What are goals of health care services?
- 3.List out the levels of diseases prevention.







- Potter and Perry's., "Fundamentals of Nursing"., 6th edition.,2006., Elsevier India private Ltd., New Delhi.
- Stephanie's., "Principles and Practice of Nursing, Nursing Arts Procedures"., 7th edition., 2010., N.R. Publishing House., Indore.

