



# **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



# HEALTH PROMOTION

- 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.



# INTERVENTIONAL AREAS OF HEALTH PROMOTION

- 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



# DISEASE PREVENTION



- 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.

# LEVELS (COND.,)

- **Primary prevention:**

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



# LEVELS(COND.,)

## Secondary prevention:

a. secondary prevention focuses on 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

# LEVELS (COND.,)

- **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.).



# MERITS OF PRIMARY CARE



- 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.



# DIAGNOSIS AND TREATMENT



- 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 ever growing number of client.





# REHABILITATION AND CONTINUING CARE

Rehabilitation is a process of restoring ill or injured people to optimum and functional levels of wellness. rehabilitative care emphasizes the importance of assisting client to function adequately in the physical, mental, social, economic, and vocational areas of their lives.

# REHABILITATION

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.



# ASSESSMENT



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

# REFERENCES

1. Potter and Perry's., “ Fundamentals of Nursing”., 6<sup>th</sup> edition.,2006., Elsevier India private Ltd., New Delhi.
2. Stephanie's., “ Principles and Practice of Nursing, Nursing Arts Procedures”., 7<sup>th</sup> edition., 2010., N.R. Publishing House., Indore.

**THANK YOU**