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Health Promotion The topic selected for this paper is Abdominal Aortic Aneurysm Screening: Men (Clinical Guide Recommendation). It is a major subject that should be highlighted as this condition remains silent until any severe emergency occurs suddenly. In Abdominal Aortic Aneurysm, the aorta which is the lining of the blood vessel increases in size that can even result in the death of the patient. Screening for Abdominal Aortic Aneurysm (AAA) plays a vital role in controlling it on time and curing it before it gets worst . It was also mentioned that Abdominal Aortic Aneurysm screening is very cost-effective for the patients.

If AAA is not cured on time, it can lead to further cardiac diseases. The people who are more at risk of developing AAA more and will be highly emphasized in this paper are men who are above 50 years and have been smoking. It has been termed as mandatory for the men who are above 50 years to undergo screening by the healthy people 2020 guidelines . Teaching plan and teaching tool can make it better to understand AAA screening and its importance in health promotion. AAA screening should be promoted in the society to ensure the health and well-being of the society in future. Teaching Plan Objective The chief objective of AAA screening is to reduce the incidence of AAA among men and to eliminate the death rate of patients due to this complication.

Also, to ensure a better and healthy environment. Methods There have been several ways of screening which include ultrasound, MRI (Magnetic resonance imaging), and CT scan. All these methods are efficiently conducted in clinics. But the method which will be focused on this teaching plan is Ultrasound. Ultrasound is a painless and non-invasive process which

is available in almost every hospital and clinic around the globe. Every man who smokes and is above 50 years old is recommended to undergo the AAA screening process in order to ensure their well-being. Such men should be screened for AAA. Content Outline All men who have ever smoked in their life should be included.

Smokers men who are 50 plus of age. People who don't fall in these criteria should be acknowledged regarding the cure, prevention, and seriousness of AAA. Effective screening through ultrasound. Evaluation Screened images need evaluation and patient need proper guidance in order to get rid of AAA as soon as possible and return to a healthy lifestyle. There are four types of images observed from the screening .

Normal in which no deformity is seen in aorta and patients do not require further evaluation and screening. Small deformity contains 3.0 till 3.9 centimeter bulge which indicates that patient needs to be screened after a couple of years to reevaluate the condition of the aorta, meanwhile it is mandatory to cure this small bulge.

The medium deformity is observed from the screening of about 4.0 cm till 5.4 cm; patients need re-screening after six months again to ensure that the bulge is not getting worst. When the deformity in the aorta is greater than 5.4 centimeter, it is known as a large bulge in which the patient is referred for surgery. Make sure that smoking is eliminated completely from the life of target population in order to achieve long term result. It has been previously studied that AAA screening safe life of millions of man at risk.

It is a prominent factor to promote healthy future for men around the world. Teaching ToolUltrasound Description and explanationRisk factorsThe most efficient tool for teaching AAA screening and preventing AAA in men are Ultrasound images which are very efficient in differentiating normal and affected aorta. The patients who are at risk of developing AAA are the ones with a family history of AAA, hypertension, predominantly males, smokers, and age factors. Ultrasound images are best to study AAA. A detailed explanation of the images would be very effective in acknowledging the patients about their condition. Every teaching session should include details of ultrasound images and associated symptoms and risk.

Patients with risk factors should be emphasized for AAA screening. Short explanatory and descriptive sessions should be conducted to promote education regarding AAA screening and its benefits to promote a healthy lifestyle. Teaching tools make it easy to understand and implement AAA screening among men with respect to the Clinical Guide

Recommendation. Ethical IssuesIn health care sector there have been many ethical issues reported by patients and staff.

There have been no prominent ethical issues associated with AAA screening. It does not harm the patient psychologically, physically or emotionally. The only concern is the consent which should be taken from the patient before screening. AAA screening in health promotion is free of ethical issues which make it convenient for every person at risk to avail this opportunity.

Everyone should be aware of the fact that neither ultrasound harms anyone not it ethically hurt sentiments of anyone. Adequate education and

knowledge should be promoted among the people regarding benefits of AAA screening and its importance for the people who are at higher risk of AAA.

**CONCLUSION**The size of aorta increases in Abdominal Aortic Aneurysm which can lead to cardiac disorders and death if not cured and detected on appropriate time. The process of screening for Abdominal Aortic Aneurysm (AAA) plays an imperative role in controlling it on time and curing it before it gets worst. The teaching plan and teaching tool mentioned above are effective and beneficial in promoting a healthy environment. Abdominal Aortic Aneurysm Screening is highly recommended in males who are older than 50 years and are smokers as they are at higher risk for developing Abdominal Aortic Aneurysm. The teaching tool recommended in this paper makes it helpful to study AAA screening and in preventing AAA through screening.