

Example of intervention and prevention essay

[Environment](#), [Pollution](#)



Question 2: Environmental Issues

Environmental issues can be defined as harmful aspects of human activity on the biophysical/natural environment. This ranges from plants, and animals, to different ecosystems that are in existence. Environmental issues include energy, climate change, over population, and pollution, to list but a few. In this particular case, pollution, and particularly water pollution will be detailed.

Water Pollution

Water pollution is any change in the quality of water, whether physical, biological, or chemical, that may cause harm to any living thing that consumes it or lives in it. Water pollutants include disease-causing agents (e. g. protozoa, bacteria), oxygen demanding wastes that are dumped in water bodies, excessive nutrients, suspended sediment, and inorganic pollutants (Agarwal, 2005).

Effects of Water Pollution on:

- the individual

An individual who consumes polluted water may develop health complications such as diarrhea, and the blue baby syndrome in children (Agarwal, 2005).

- the family

- the community

The community experiences severe damage of ecosystems around them such as lakes. Another effect of water pollution to the community is the

counted on monetary terms. Poor agricultural produce can be attributed to water pollution (Agarwal, 2005).

Ways of controlling or preventing Water Pollution

- Primary intervention

The primary method of preventing water pollution training people on good habits such as washing of hands, and treating water that is consumed.

- Secondary intervention

Construction of infrastructure such as effective water systems at a low cost would help control or prevent water pollution. Authority should also promote the use of these structures which include toilets.

- Tertiary intervention

This intervention involves the treating of waste before it is released to an ecosystem such as a water body.

Question 3: Calculation of incidences and prevalence

The cases were as follows: New Cases Total Cases
 October 2 cases 2 cases
 November 10 cases 12 cases
 December 1 case 11 cases
 Calculate the incidence of cases in November and the prevalence of cases in the school during the total time period (show your calculations).

Incidence rate = incidence density = no. of diseases onsets/ Sum of person-time @ risk

Sum of person-time = (10) (1) = 10

= 10/10 = 1

Incidence rate = 1

Prevalence = no. of cases/ population in size

No. of cases = 2+12+11= 35

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Total population = 500

= $35/500 = 0.07$

Prevalence = 0.07

Question 6: Preventive intervention for controlling the H1N1

- Primary intervention

Maintaining high standards of personal hygiene, avoid sharing handkerchiefs, and go for the H1N1 immunization (Issues in Prevention, 2012).

- Secondary intervention

Going for frequent surveillance and health checkups. It is much easier to control a disease that has been detected early enough than one that is at its developed stages (Issues in Prevention, 2012).

- Tertiary intervention

Patients who are infected are put under the best medication available.

During treatment, these patients are placed in seclusion to avoid further spread of the flu (Issues in Prevention, 2012).

Question 5: Changes in concept of the community health nurse's role

As a nurse, I now realize that nursing is not only about basic care. Besides the treatment bit, a nurse has the role to make a follow up on aspects of the patient's life. This is formerly known as holistic care. For instance, if a nurse has a diabetic patient under their care, they should make a follow up on how their life runs. They should educate them, help manage their lives, and even serve as their advocate (Weber & Kelley, 2009).

Question 9: Four steps a nurse needs to take a complete a family health history

- The nurse should interview Mary and relatives. For this, the nurse should develop a list of medical questions and conditions she may be looking for.
- Check into the death reports of family members who may have passed on.
- Check mortality records of the family.
- Go check through hospital and medical records of the family.

References

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