

Theoretical framework

Health & Medicine, Nursing



Theoretical Framework Affiliation Theoretical Framework Widespread

research into the issue of diabetes-related deaths has led to the incorporation of theoretical approaches that investigators consider if effectively utilized in practice can ultimately aid in the reduction of the deaths in the country. The question is, can Pender's model of health promotion be used in reducing the number of deaths caused by diabetes? Pender's model of health promotion is thoroughly covered by researchers in an effort to elucidate how the deaths resulting from diabetes can be reduced. The paper uses the model to evaluate the health-enhancing way of life and comprehension of diabetes among Hispanic men and women, and non-Hispanic African-American women.

According to Duffy (1997), the three key constituents of the health promoting model include the amending factors. These factors influence behaviors that promote health by acting on the cognitive-perceptual aspects. The cognitive-perceptual aspects are a constituent of the model that control partaking in behaviors that promote health. The model also comprises of the likelihood of taking part in behavior that enhances health.

Diabetes is a highly prevalent disease that is evidenced by its number seven ranking in the year 2010. Its rate increases with certain factors like age with persons between the ages of 45 and 60 been twice as likely to die from diabetes. Sandra (2002) notes that Hispanic Americans had higher diabetes risk. Lorraine et al. (2005) reports that demographic factors such as lack of knowledge on diabetes, age, minimal exercise, and been without appropriate health care all contribute to reduced individual health. Padilla & Villalobos (2007) assert that Hispanic men and women show individual health features

that are poor. The poor individual health features increase the prevalence of diabetes among these persons.

Pender's health promoting model articulates for a lifestyle that enhances health. A health-enhancing lifestyle can be used by an individual to manage diabetes. Melko et al. (2010) argue that a lifestyle that enhances health is one whose day to day undertakings ensure that an individual is healthy.

Duffy (1997) writes that, persons who take part in behaviors that enhance health, recognize the importance of health management; they show a great deal of control, are cognizant of the importance of quality in life, and they believed in their ability to undertake certain acts.

If Hispanic men and women, along with non-Hispanic African-American women undertake behaviors that lead to a health-enhancing lifestyle like partaking in exercises and eating foods that are not associated with the risk of diabetes, then the deaths resulting from diabetes would decrease (Mohebi, et al., 2013). Health practitioners like nurses should teach and advise both diabetic and non-diabetic individuals to take part in activities that boost a healthy living. Comprehension of diabetes as a disease, its medications, and what glucose levels imply are all vital aspects that enable the individual management of the disease and elimination of the deaths it causes. Because diabetes prevalence among Hispanic Americans has been associated with knowledge deficit, then, educating diabetic persons can enhance the knowledge of diabetes among them. Enhanced knowledge on diabetes is linked with a longer life in spite of ailing with the disease and better management of the disease (Firestone, et al., 2004).

It is evident that, by using and applying Pender's model of health promotion,

the number of deaths caused by diabetes can be reduced. The model is efficient because it touches on every aspect that influences the disease when it is applied. From the individual or self, to the activities, and day to day life that has an impact on the prevalence of diabetes.

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