

Preventive Medicine & Public Health

July 16-17, 2018
London, UK

J Prev Med 2018, Volume 3
DOI: 10.21767/2572-5483-C1-003

BUILDING A MODEL FOR HEALTH PROMOTION WITH OLDER ADULTS: A NURSE GUIDED PERSONALIZED INTERVENTION

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Non-communicable diseases (NCDs) and risky lifestyle behaviors challenge healthcare systems worldwide; an increasing elderly population compounds this challenge. NCDs are the leading cause of death and disability globally, accounting for 3/5 deaths worldwide, and more than half of the global disease burden. The challenge is to keep the growing ageing population healthy, functional, and independent by delaying/preventing disease development or better managing existing diseases. As health care systems place greater emphasis on health promotion/disease prevention, the active involvement of primary care providers including physicians and nurses is vital. Building the capacity of health systems and health workers to respond effectively to NCDs and ensuring access to needed community resources and supports, can support healthy ageing. Health risk appraisals with feedback (HRAFs) are readily available

and widely used tools which can support healthy ageing. They collect data concerning the multiple factors affecting the ability of individuals to be healthy, allowing for development of personalized prevention plans which better meet the needs of patients as they attempt to change lifestyle behaviors. This study examined advanced practice nurse (APN) perceptions/ practices concerning use of HRAs during wellness visits. Results indicated that APNs agreed it is important to collaboratively identify risks and develop a personalized prevention plan, but only a small percentage use data such as that generated by HRAs to do so. This study informed development of an APN intervention using HRAs, home/social assessments, and monthly follow-up support to enhance health promotion efforts with ageing adults visiting a community-based clinic for care.

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