

Running Head: HEALTH CARE

Health Care:

Student Name:

Institution Affiliation:

## Part II

Lifelong learning in the field of nursing can support nurses in achieving their career goals. One of the key ways of ensuring one achieves their career goals in the field of nursing is ensuring that one manages to effectively assess the health and illness parameters of individuals, groups, and populations which are vulnerable. One of the key goals in nursing is saving lives as well as ensuring people remain of sound health. The first and foremost best way of achieving this is through being able to make focused as well as comprehensive health and illness assessments. Additionally, in the field of nursing, one of the key areas in which nurses are tasked with is ensuring the safety of their patients as well as the effective management of the clinic or institute of work. All nurses should always strive to ensure they improve the quality of care that is provided to patients to improve their outcomes (*Health assessments in hospital*, 2018).

Technology has also proven to be one of the key aspects of today's world which tend to improve the efficiency and effectiveness of things. Therefore, nurses can achieve quite a lot through the use of patient care technologies as well as information systems in the workplace. These go a long way in figuring out the proper intervention for managing different required care for patients as well as promoting the health of patients in the long run. As a nurse, it is also important for one to fully understand the policies, and regulatory requirements in play if they wish to advance in their career. Most of these policies and regulatory requirements in healthcare

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facilities are often put in place to ensure the safety and positive results of patients. For instance, if there are particular policies put in place to ensure that a particular group of patients is intended to receive a particular form of treatment, then always abiding by these policies is sure to ensure the success of a nurse (Coleman, 2018).

In all professional settings including nursing, communication plays a critical role, and it is also one of the key areas where nurses need to pay close attention to if they are to be successful. Whether it is communication with colleagues or patients, communication is still an important element in nursing. Additionally, aside from communication skills, another crucial skill nurses ought to possess is critical thinking skills. As a nurse, one needs to be able to critically analyze situations as well as come up with the most appropriate decisions. Nurses also need to understand the organization they work for very well to be able to propose necessary changes in their practice. They also need to be well-versed with a high-level understanding of health promotion and improvement concepts as well as disease prevention. Being equipped with such expertise and knowledge helps nurses advance faster in their careers through the provision of practices and interventions which best improve the health of their patients. Nurses should not only be able to come up with these practices and interventions, but also possess the ability to provide evidence to support their ideas and propositions. It is also important for patients to possess all of the necessary behaviors, knowledge, and skills which assist them in providing the best care to their patients as well as providing innovative ways of improving the care provided to patients. Nurses should also be able to effectively analyze all the dynamics of healthcare and nursing which will assist them in coming up with the best practices in providing care to patients (Coleman, 2018).

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Health promotion is a very broad concept that includes various activities aimed at developing support for actions for initiating and establishing conducive health for people in a community. They involve activities such as the use of regulation, education, politics and many other different mechanisms. Health promotion is very important because health is not relative to an individual but involves a whole society. It enables people to have more control over their health and ultimately leads to improved health. The quality of life for people in a community highly depends on their knowledge of the importance of good health. Health promotion ensures that all people in the community are well informed about their health status and have adequate capacities of controlling their quality of life through proper health. Health promotion has various elements that include good governance. Good governance is an aspect associated with factors such as the availability of proper policies (*Health promotion, 2016*).

Policies represent action plans dedicated to ensuring that all decisions are made with consideration to the relevant policies in place. Good governance is, therefore, represented by the use of effective policies that offer legal and statutory guidelines of how health care issues can be addressed in the society. Policies are reflections of efforts by the government in addressing the various issue in the society. Health care literacy is also another important element of healthcare promotion. It represents the acquisition of skills, knowledge, and information. Health care literacy influences people's choices about actions related to health care. High level of literacy is associated with better health care choices. Health care literacy represents a form of incentive linked with aspects of knowledge and understanding of what is best for a person or the community especially when it comes to proper health care (*Health promotion, 2016*).

The success of any healthcare action or program is highly associated with the quality of healthcare provided. Quality healthcare represents a form of foundation for any health care idea

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or action. It is associated with doing the right thing and also at the right time. Quality health care is a reflection of the best possible results that can come from any health situation. Quality is an aspect that can be measured and can also be improved. Quality health care can thus be defined as the degree to which health care services can increase the possibility and probability of developing the desired health outcomes in a community (*Understanding Quality Measurement*, 2012).

The provision of quality health care by nurses and other healthcare practitioners depends on the application of theory which forms a great foundation for practice. Theories of health care are important because they offer principles that underpin the practice and forms a great foundation for the development of new knowledge. Quality health highly depends on the effective use of theory for practice. Theory helps healthcare practitioners have a good understanding of their roles within healthcare settings (*Understanding Quality Measurement*, 2012).

The health outcome, in this case, should also be consistent with the current professional experience and knowledge. Some of the elements of quality health care include efficiency, effectiveness, safety, equity and many other factors that represent the good of the society. When people think of quality health care, they associate it with staying healthy at all times, getting better as quickly as possible, living well with any form of illness or disability and also coping well with the end of life (*Understanding Quality Measurement*, 2012).

Health care is critical to the society. An effective health care plan ought to be based on approaches that incorporate aspects of quality and safety. The needs of people, groups, and communities depend on effective health assessments that provide good information about the

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health care needs of people in the society. This is information that can lead to the establishment of quality health care. However, such health care needs to be founded on aspects of safety for people. However, to ensure that the healthcare approach is sustainable then, health promotion needs to be well implemented to ensure people have good knowledge about the importance of maintaining proper health care and that adequate systems are in place (*Health assessments in the hospital*, 2018).

The dynamics of local, regional and regional levels of health care play a critical role in its sustainability and success. Such success depends on how the different levels rely on one another. Effective implementation depends on acknowledging the aspects of scale and scope about the different levels. Local levels aspects are more hands on because they are in direct contact with the people. On the other hand, the upper levels that are the regional and national level deal with the development of policies and regulations to govern the entire system. The success of these levels, therefore, relies upon the effective coordination of activities within the different levels. The activities of the different levels have to complement one another because they differ but relate to each other.

In conclusion, above are some of the various aspects of the nursing profession which have proven as critical tools and skills to possess to emerge as a successful caregiver and patient advocate. Possessing all of the skills mentioned above will not only assist one in providing the best care to patients but also assist nurses in advancing in their career. Health care is, therefore, a very sensitive factor in the society and it is for this reason that healthcare practitioners need to be all rounded. This is an aspect that means that they need to effectively incorporate skills, knowledge, and experience needed for the development of high-quality practice. They need to be an advocate which means that they ought to be at the forefront of health promotion campaigns.

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Their success also depends on their ability to establish effective health assessment that allows them to evaluate patient outcomes and this enables them to be well prepared. Healthcare professionals, therefore, need to be leaders when it comes to the process of improving care.

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