



Module 2. Prevention and Early Detection of Disease

- Critical in nursing practice for reducing disease incidence and healthcare costs.
- Focus on health promotion strategies and timely screening for early disease identification.

2. Health Promotion and Maintenance





Educating Patients on Health Promotion

- Role of nurses in educating patients about maintaining health & preventing disease.
- Strategies include nutrition, exercise, stress management, tobacco cessation, and screening.



Importance of Regular Health Check-Ups

- Essential for early disease detection, management, and reinforcement of healthy behaviors.

Frequency:

- 18-39 years: Every 1-3 years
- 40-64 years: Every 1-2 years
- 65+ years: Annual check-ups





Nutrition & Exercise Recommendations

- **Balanced Diet:** Emphasize fruits, vegetables, whole grains, lean proteins, & healthy fats.
- **Exercise:** At least 150 minutes of moderate-intensity aerobic activity per week.
- **Benefits:** Helps prevent chronic diseases and promotes mental well-being.



Stress Management Techniques

- Techniques to help cope with stress, include:
- Mindfulness,
- Meditation,
- Physical activity,
- Breathing exercises.
- Time management is also crucial to preventing stress overload.



Tobacco Cessation & Substance Abuse Prevention

- Tobacco Cessation: Educate on risks and support programs like counseling & pharmacological aids.
- Substance Abuse Prevention: Inform patients about risks, offer referrals for treatment & support groups.



Screening for Common Diseases

- Nurses facilitate screening to detect health issues early.

Common screenings:

- Hypertension
- Diabetes
- Cancer (Breast, Cervical, Colorectal)



Hypertension Screening & Prevention

- **Routine Screening:** Monitor blood pressure every 2 years for normal readings; annually if elevated.
- **Lifestyle Modifications:** DASH diet, regular exercise, weight management, limit alcohol & tobacco.



Diabetes Screening & Management

Risk Factors & Symptoms:

- Obesity, family history, excessive thirst/urination.

Blood Glucose Monitoring:

- HbA1c target <7% for most adults.

Lifestyle Changes:

- Balanced diet, exercise, and weight management.

Cancer Screenings

Breast Cancer:

- Mammograms (40+ years every 1-2 years).

Cervical Cancer:

- Pap smear (start at age 21, every 3 years).

Colorectal Cancer:

- Begin at age 45 with colonoscopy every 10 years

Cholesterol and Heart Disease

Cholesterol Levels:

- LDL <100 mg/dL; HDL ≥60 mg/dL.

Screening:

- Lipid panel every 4-6 years, beginning at age 20.

Lifestyle Modifications:

- Heart-healthy diet, regular exercise, and potential medications for high cholesterol.



CONCLUSION

- Prevention & early detection through health promotion and screening are vital.
- Empowering patients with knowledge about healthy behaviors, screenings, and lifestyle changes can significantly improve health outcomes.

