Health Group Planning Project

NURS492-Community Health Nursing

Purpose of Assignment

The purpose of this project is to examine a community health problem for a specific aggregate. The project is to be able to apply the nursing process to a vulnerable population within your community. In addition, the purpose of this assignment is to utilize the Health Planning Model to improve aggregate health and to apply the nursing process to the larger aggregate within a systems framework.

Student Approach to Assignment

This assignment was accomplished through a group effort. Parts were divided up among my group and help was given to group members that needed assistance. This was a large group to work with for an online project. I felt that everyone worked well together and really helped out. My group focused on cardiovascular disease in African American adult males in Greene County, VA. We chose cardiovascular disease because it is the number one killer in the United States. We all had it in common when completing our individual studies on our own communities. We focused on modifiable risk factors, such as obesity, exercise, and cholesterol. We decided that one can decrease their chances of suffering from cardiovascular disease by living a healthier lifestyle. After coming up with the aggregate and modifiable risk factors, we discussed the education level on average for this aggregate and issues that contribute to why they may be in the situation they are in. Next, we came up with measurable objectives and goals to reduce cardiovascular disease among adult African American males in Green County, VA. The program that was established was “Partner Up and Go.” The first measurable outcome, related to weight loss, in that participants would lose 10 pounds in a six-month period. The second measurable outcome, related to cholesterol, was that each participant would be able to identify three food choices to help improve cholesterol levels at their monthly assessment evaluation, and that by the conclusion of the program, their cholesterol reading would be in the normal range. Next, the group came up with a weight loss program and program instructions for the participants. Then my group evaluated the results of the program.

Reason for Inclusion of this Assignment in the Portfolio

I feel that this group project was completed well. I felt that as a group we came up with a great plan of attack to combat cardiovascular disease that is realistic. I feel that this assignment shows a lot of leadership especially when it comes to community nursing.

Curricular Outcomes

❖ Research
• Applies research-based knowledge from the arts, humanities, and sciences to complement nursing practice
  
  o Example: For this assignment my group worked together to create a plan to promote health among a small community. There were many forms of research utilized to complete this assignment. Most of the research was based on sciences relating to cardiovascular disease, obesity, cholesterol, exercise, and support systems. This was to come up with the best plan to help the Greene County with the health problem of cardiovascular disease.

❖ Leadership

• Initiates community partnerships to establish health promotion goals and implements strategies to promote healthy communities
  
  o Example: This was shown through our group researching about the Greene County Community. On completion of our research we established what health issue would most benefit this community and which aggregate it would benefit the most. After that we worked on what the best strategies would be to combat cardiovascular disease. We decided to focus on risk factors that a person can control, such as obesity and sedentary lifestyle. Next, we came up with a plan that involved participants having a buddy that they participated in the program with. This is so that participants had support. Next we came up with how to educate the participants in living a healthier lifestyle to meet the measurable outcomes we came up with. By creating this plan and using appropriate research to support our ideas we were hoping to be successful in reducing the percentage of people with cardiovascular disease in Greene County, VA.

• Organizes, manages, and evaluates the development of strategies to promote healthy communities
  
  o Example: For this assignment each group member organized their part of the assignment. We all worked together to develop a plan to promote health and reduce risk factors of cardiovascular disease. The strategies that were developed were promoting weight loss and normal cholesterol levels by implementing a walking program along with education on nutrition and exercise. The group, as a whole managed and evaluated the program that was developed, which was called “Partner Up and Go.”