Hilla University College

Nursing Department

Family and Community Health Nursing

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Lecture – 11 –

Health Care of Aggregates in the Community

Aggregates in the community refer to specific groups of people that have common characteristics or demographic factors, such as race, ethnicity, age, or socioeconomic status (SES). These groups often experience health disparities and have unique healthcare needs. Community health nurses play a critical role in identifying and addressing the healthcare needs of these aggregate groups, through targeted interventions and culturally competent care.
Subpopulations that possess some common characteristics, often related to high risk for specific health problems.

Child and Adolescent Health A nation's destiny lies with the health, education, and well-being of its children. Despite improvements, the mortality and morbidity rates for U.S. children are unacceptably high. Black infants are more than twice as likely to die as white infants.

1. Issues of Pregnancy and Infancy: Women who are not in optimal health before becoming pregnant are at increased risk for poor pregnancy outcomes, such as uncontrolled medical conditions, maternal drug, alcohol, tobacco exposure, and unsafe environmental conditions.

2. Infant Mortality an important indicator of health and welfare, related to maternal health, medical care quality, socioeconomic conditions, and public health practices. e.g. A nurse educator teaches her students about health promotion for adolescent girls. She posed that a young girl learn important health promotion issues can have lasting effects on her health and safety. Which answer by students reflects that they need further education? (Teenage pregnancy).

3. Preterm Birth and Low Birth Weight Preterm birth and low birth weight are the most important predictors of infant health.

4. Preconception Health Maternal nutrition, drugs, alcohol, tobacco, chronic maternal diseases, environmental toxins, and other exposures can damage fetal organ systems early in pregnancy.

5. Prenatal Care Early and regular prenatal care enhances a woman's chances of delivering a healthy baby.

6. Prenatal Substance Use, and illicit drug use are harmful to women and their children during pregnancy, affecting their health and development.

7. Tobacco Smoking during pregnancy is a major cause of infant morbidity and mortality.

8. Alcohol during pregnancy can lead to Fetal Alcohol Syndrome (FASDs). Heavy alcohol use during the first trimester of pregnancy can disrupt normal development of the face and the brain. In fact, exposure at any point during gestation may affect brain development.

9. Breastfeeding can save up to $1500 per year in formula and supplies.

10. Sudden Unexplained Infant Death SUID caused by poisoning, metabolic disorders, hyperthermia, neglect, homicide, and suffocation.

Childhood Health Issues

Parents and communities must take steps to protect children from leading threats to their health. (i.e., accidental injury and exposure to toxins, abuse, and violence).

1. Accidental Injuries Unintentional injury is the leading cause of death for children ages 1-14, with low-income people more likely to die.

2. Unhealthy Weight Childhood obesity is a health crisis, with an estimated one third of children overweight or obese, leading to cardiovascular disease, diabetes, bone and joint disease, and sleep apnea.

3. Immunization Adequate immunization protects children from infectious diseases, especially immune-compromised individuals and pregnant women.

4. Environmental Concerns Air pollution, poor indoor air quality, and secondhand smoke can cause childhood asthma.

5. Child Maltreatment Child maltreatment is a major cause of death in the US, with neglect being the most common form.

6. Children with Special Health Care Needs Children and youth with special health care needs require additional services due to chronic physical, developmental, behavioral, or emotional conditions.

Adolescent Health Issues Adolescence is a time of good health, as preteens and teens form lifelong health habits and develop emotional health skills. However, they rarely use health services unless they have an underlying condition or an acute illness.

1. Sexual Risk Behavior Adolescent sexual activity can lead to unintended pregnancy, HIV, and STDs.

2. Violence Youth violence is a reflection of how well parents, schools, and the community are able to supervise and channel youth behavior. It can cause emotional and physical harm, and is a major public health problem.

3. Tobacco, Alcohol, and Drug Use The use of tobacco, alcohol, and illicit drugs has serious and long-lasting consequences for adolescents and for society.

e.g. Factors affecting children and adolescent health are (Racial disparities, Stressful home life, and Hopeless of future). e.g. Accident & Injuries are cause of death in adolescents stage.

Factors Affecting Child and Adolescent Health:-

1. Parents' or caregivers' income, education, and stability

2. Security and safety of the home

3. Nutritional and environmental issues

4. Health care access and use.

5. Racial disparities

6. Stressful home life

7. Hopeless of future

Community Health Nurse's Role for Child and Adolescent Health :

The community health nurse is an advocate for improved individual and community responses to children's needs, researcher for effective strategies, participant in publicly funded programs, and promoter of social interventions. Levels of Prevention Child and Adolescent Health:

A. Primary Prevention focuses on encouraging healthy behaviors and preventing unwanted pregnancy, especially for adolescents.

B. Secondary Prevention Pregnant women must receive early and adequate prenatal care, practice healthy behaviors, obtain necessary services, and prepare for becoming parents.

C. Tertiary Prevention Programs and services should be established to prevent unwanted pregnancies and provide the best care to children and Adolescent's.

" Thank you for listen "