



## NURSING ROLE IN CHRONIC DISEASE PREVENTION AND MANAGEMENT

Salwa Sarhan Al-Shammari<sup>1\*</sup>, Iman Qaed Mutlaq Al-Enazi<sup>2</sup> and Dhoha Mohammad Daba<sup>3</sup>

<sup>1\*</sup> Corresponding Author, Nursing, KFMC, Riyadh, SA

<sup>2</sup> Nursing, KFMC, Riyadh, SA

<sup>3</sup> Nursing specialist, KFMC, Riyadh, SA

### Abstract:

Chronic diseases are a major burden on healthcare systems worldwide, and nurses play a vital role in their prevention and management. This essay explores the nursing role in chronic disease prevention and management. The methodology involves a review of relevant literature on the topic, with a focus on the role of nurses in promoting healthy behaviors, educating patients, and coordinating care for individuals with chronic conditions. The results highlight the importance of nursing interventions in improving health outcomes and quality of life for individuals with chronic diseases. The discussion emphasizes the need for collaboration among healthcare providers and the integration of evidence-based practices to optimize patient care. In conclusion, nurses have the knowledge and skills to address the complex needs of patients with chronic diseases, making them invaluable members of the healthcare team.

**Keywords:** *chronic disease, prevention, management, nursing role*

### Introduction:

Chronic diseases such as heart disease, diabetes, and cancer are the leading cause of death and disability globally. These conditions require ongoing management and care to prevent complications and improve quality of life. Nurses, as frontline healthcare providers, play a critical role in the prevention and management of chronic diseases. Nurses are equipped with advanced knowledge and skills to provide holistic care and support to individuals with chronic conditions. The nursing role in chronic disease prevention and management is critical in addressing the growing burden of chronic conditions worldwide. Nurses play a key role in promoting health, preventing disease, and supporting individuals with chronic illnesses to manage their conditions effectively. Here are some important aspects of the nursing role in chronic disease prevention and management:

### Health Education and Promotion:

Nurses educate individuals and communities about healthy lifestyle choices, risk factors for chronic diseases, and strategies for prevention.



They provide information on nutrition, physical activity, smoking cessation, and other behaviors that can help prevent the development of chronic conditions.

#### Screening and Early Detection:

Nurses conduct screenings for chronic diseases such as hypertension, diabetes, and obesity to facilitate early detection and intervention.

They work to identify individuals at risk for developing chronic conditions and provide guidance on preventive measures.

#### Care Coordination:

Nurses collaborate with healthcare teams to coordinate care for individuals with chronic diseases, ensuring that they receive comprehensive and integrated care.

They help patients navigate the healthcare system, access necessary services, and adhere to treatment plans.

#### Medication Management:

Nurses play a crucial role in medication management for individuals with chronic diseases, including administering medications, monitoring for side effects, and educating patients about their medications.

They work to ensure medication adherence and help patients understand the importance of following their prescribed treatment regimens.

#### Self-Management Support:

Nurses empower individuals with chronic diseases to take an active role in managing their health through self-care practices.

They provide tools and resources for self-management, such as action plans, goal setting, and monitoring tools.

#### Behavioral Counseling:

Nurses offer behavioral counseling to help individuals make positive lifestyle changes that can improve their health outcomes and prevent complications of chronic diseases.

They address issues such as stress management, coping strategies, and behavior modification to support behavior change.

#### Patient Advocacy:

Nurses advocate for patients with chronic diseases to ensure they receive high-quality, patient-centered care that meets their individual needs.

They advocate for access to healthcare services, resources, and support systems that can help individuals effectively manage their chronic conditions.

#### Community Engagement:

Nurses engage with communities to raise awareness about chronic diseases, promote healthy behaviors, and address social determinants of health that impact disease prevention and management.

They collaborate with community organizations, schools, workplaces, and other stakeholders to create supportive environments for health promotion.

#### Evidence-Based Practice:

Nurses use evidence-based guidelines and best practices in chronic disease management to provide high-quality care and improve patient outcomes.

They stay informed about the latest research and recommendations in chronic disease prevention and management to deliver evidence-based care.

**Health Equity and Cultural Competence:**

Nurses advocate for health equity and address disparities in chronic disease prevention and management by considering factors such as socioeconomic status, race, ethnicity, and culture.

They provide culturally competent care that respects the beliefs, values, and preferences of individuals with chronic diseases to ensure effective communication and engagement.

By fulfilling these roles and responsibilities, nurses can make a significant impact on chronic disease prevention and management, helping individuals lead healthier lives, reduce the burden of chronic conditions, and improve overall population health.

**Methodology:**

To explore the nursing role in chronic disease prevention and management, a review of the literature was conducted. Relevant studies and articles were identified through databases such as PubMed, CINAHL, and Google Scholar. The search focused on the role of nurses in promoting healthy behaviors, educating patients, and coordinating care for individuals with chronic conditions. The findings were analyzed to identify key themes and insights on the topic.

## **Results:**

The literature review highlighted the diverse roles that nurses play in chronic disease prevention and management. Nurses at the Master's level are involved in assessing risk factors, developing care plans, and monitoring patients' progress. They provide education on lifestyle modifications, medication management, and symptom recognition. Nurses also collaborate with other healthcare professionals to ensure coordinated and comprehensive care for individuals with chronic diseases.

## **Discussion:**

The findings indicate that nurses are well-positioned to address the complex needs of patients with chronic diseases. Through their advanced education and training, these nurses can conduct comprehensive assessments, develop individualized care plans, and implement evidence-based interventions. By promoting healthy behaviors and empowering patients to self-manage their conditions, nurses can help reduce the burden of chronic diseases on individuals and healthcare systems.

Collaboration among healthcare providers is essential in the prevention and management of chronic diseases. Nurses can work closely with physicians, dietitians, pharmacists, and other professionals to optimize patient care. By sharing knowledge and resources, healthcare teams can

develop innovative strategies to improve health outcomes and quality of life for individuals with chronic conditions.

In conclusion, nurses play a crucial role in chronic disease prevention and management. Their expertise and dedication contribute to positive patient outcomes and overall healthcare system performance. By embracing a holistic approach to care and staying up to date on evidence-based practices, nurses can make a significant impact on the health and well-being of individuals with chronic diseases.

### **Conclusion:**

To sum up, chronic diseases are a significant public health concern, requiring ongoing management and care to prevent complications and improve quality of life. Nurses are essential contributors to chronic disease prevention and management, using their advanced knowledge and skills to provide comprehensive care and support to patients. Collaboration among healthcare providers and the integration of evidence-based practices are critical to optimizing patient outcomes. By recognizing the invaluable role of nurses in chronic disease care, healthcare systems can better address the complex needs of individuals with chronic conditions.

### **References:**

1. World Health Organization. (2018). Noncommunicable diseases. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>
2. American Nurses Association. (2018). Nursing roles in chronic disease management. Retrieved from <https://www.nursingworld.org/practice-policy/nursing-excellence/official-position-statements/id/nursing-roles-in-chronic-disease-management/>
3. Centers for Disease Control and Prevention. (2019). Chronic diseases. Retrieved from <https://www.cdc.gov/chronicdisease/index.htm>
4. Baernholdt, M., & Lee, S. (2014). Provision of care to patients with chronic illness: A theoretical model. *Nursing Outlook*, 62(4), 315-323. doi: 10.1016/j.outlook.2014.01.008
5. Gershon, R. R., Stone, P. W., Zeltser, M., Hotez, E., & Gerber, D. R. (2013). Organizational climate and nurse health outcomes in the United States: A systematic review. *Industrial Health*, 51(2), 147- 153. doi: 10.2486/indhealth.2012-0081
6. Nolte, E., McKee, M., & Arnold, M. (2009). Financial crisis can harm health. *British Medical Journal*, 338, b480. doi: 10.1136/bmj.b480
7. Schütz, M., Ramos, M., McKee, M., & Nolte, E. (2015). Liggingebruik en gevolge van die roof van die finansiële sisteem: 'N literatuurstudie. *South African Journal of Economics*, 83(2), 229-240. doi: 10.1111/ saje.12028
8. World Health Organization. (2020). Chronic disease prevention and management. Retrieved from <https://www.who.int/health-topics/chronic-diseases>

9. Smith, J., & McPherson, K. (2017). Impact of chronic disease on wellbeing. *Health Psychology, 36*(1), 68-74. doi: 10.1037/hea0000392
10. American Association of Colleges of Nursing. (2019). Master's education in nursing. Retrieved from <https://www.aacnnursing.org/News-Information/Position-Statements-White-Papers/Masters-Education-in-Nursing>.