

Week 8: Advocating for the Nursing Role in Program Design and Implementation

Student Name

Program Name or Degree Name (e.g., Bachelor of Science in Psychology), University

COURSE XXX: Title of Course

Instructor Name

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Advocating for the Nursing Role in Program Design and Implementation

Tell us about a healthcare program within your practice. What are the costs and projected outcomes of this program?

I am part of a healthcare team designing a Stroke Prevention Program. This program aims to reduce the incidence of stroke among high-risk populations through education, lifestyle modification, and regular health screenings. A few of the costs involved in this program are the personnel for implementing this program, the educational materials and the medical supplies required for screening the clients, the technology involved in data management, and telemedicine consultations. The initial investments of around \$ 500,000 are required to develop educational content, purchase screening equipment, and staff training. The annual operating expenses are estimated to be \$200,000 and will cater to recurring expenses like employees' remuneration for healthcare givers, medical necessities acquisition, and technology sustenance.

The envisaged impacts include a reduction of first-ever stroke by 15% within five years of implementing the intervention, enhanced compliance with prevention measures, and enhanced understanding of stroke risks in the target group. With proper awareness of risk factors such as high blood pressure, diabetes, and dietary choices, we expect these will be well controlled, thus reducing stroke cases (Charchar et al., 2023). Further, frequent health check-ups will ensure that risk factors are identified and managed appropriately to enhance overall health and reduce resultant costs for stroke patients' care and recovery (Kernan et al., 2021).

Who is your target population?

The target population for the Stroke Prevention Program includes adults aged 45 and older who have a history of hypertension, diabetes, or cardiovascular disease. The study places special emphasis on the populations who have poor access to health care and preventive services.

Such communities suffer from poor access to resources, poor and no transport, and relatively poor levels of health literacy that hinder them from seeking the appropriate preventive services. Focusing on such high-risk groups has considerable implications for stroke prevention and people's overall health (Feigin et al., 2020). Some of the interventions involve mobilizing community health workers and collaborating with community-based agencies, churches, and other stakeholders to reach out to these groups of people.

What is the nurse's role in providing input for the design of this healthcare program? Can you provide examples?

Nurses play a crucial role in the design of the Stroke Prevention Program. Their input is vital in developing patient education materials, creating screening protocols, and ensuring the program is patient-centered. For instance, nurses helped design the educational workshops by providing insights into patients' common misconceptions and barriers regarding stroke prevention (Zhao et al., 2024). They emphasized developing and using culturally relevant communication materials appropriate for various populations.

This prompted the development of multilingual educational brochures and the incorporation of cultural references or examples into the respective tasks of the workshops. Also, nurses contributed to the telehealth component and ensured it was easy for patients to use. They include whether the information or service provided is easy to understand for patients with differing technological literacy. They commented on the ease of the applications in telehealth to ensure that patients with low digital literacy will find the various applications easy to use. By integrating these insights, a more inclusive and effective program was created.

What is your role as an advocate for your target population for this healthcare program? Do you have input into design decisions? How else do you impact design?

A nurse advocate role involves ensuring that the needs and concerns of the target population are addressed in every aspect of the program. In this role, the nurse made valuable contributions to the decision-making process by actively participating in planning meetings, conducting needs assessments, and incorporating the perspective of patients. They participate in the impact of design by conducting focus groups with target population members to obtain direct feedback on their wants and desires. The information is utilized to make adjustments to the delivered content and the various methods employed during the implementation of our educational programs.

The nurse collaborates with key stakeholders in the community to stay informed about the challenges faced by marginalized groups and ensure their inclusion in the program. This advocacy ensures that the program is implemented fairly, considering cultural differences, and reaching all targeted beneficiaries. For example, as a result of engaging with community members, the feature of flexible timing for the workshops and screenings was integrated. Many individuals work during the day and dedicate their nights to caring for their sick loved ones.

What is the role of the nurse in healthcare program implementation? How does this role vary between the design and implementation of healthcare programs? Can you provide examples?

Nurses take on a more hands-on role during the implementation phase. They conduct health screenings, lead educational sessions, and provide one-on-one counseling to patients. For instance, a nurse might conduct a blood pressure screening at a community center, followed by a discussion on the importance of managing hypertension to prevent stroke. Nurses are also responsible for collecting and recording health data, which is essential for monitoring the program's effectiveness and making necessary adjustments.

The major difference is that the implementation role requires one to deal closely with the patients in responding to the protocols and procedures designed during the design work. During the implementation phase, the nurses are involved in the process where they are supposed to determine approaches that can solve various issues that might occur during the overall running of the programs, thus leading to the program's success. For instance, when taking vital signs and screening the patient, the nurse identifies a patient with high blood pressure, informs the patient about how to manage the condition, and refers to the healthcare provider for further care.

Who are the healthcare team members that you believe are most needed to implement a program? Can you explain why?

Implementing a successful healthcare program requires a multidisciplinary team (Taberna, 2020). Key members include physicians, who provide medical oversight and expertise; nurses, who offer direct patient care and education; dietitians, who develop nutritional plans; and social workers, who connect patients with community resources. Additionally, data analysts are needed to track outcomes and evaluate the program's effectiveness. Each member brings a unique skill set that ensures comprehensive care and supports the program's goals of reducing stroke risk through education, lifestyle changes, and regular monitoring.

Physicians are particularly important in the evaluation and management of medical conditions that predispose a patient to have a stroke. They bring crucial clinical knowledge to develop and fine-tune the screening procedures. Nurses offer direct care, education, and advocacy. They develop a good rapport with the patients, creating the necessary trust that will enable the patient to participate in the program as recommended. Dietitians develop and manage person-specification meal plans depending on patients' nutritional requirements.

Balancing an individual's diet is of paramount importance when it comes to preventing stroke, and dietitians assist patients in developing long-term dietary habits that are healthy. Health social workers are essential in managing health-related factors. They assist patients in overcoming some of the challenges, including lack of transport, financial resources, and healthcare facilities. The program's outcomes need to be monitored and assessed, which calls for the presence of data analysts, hence the need to equip nurses with knowledge of [healthcare program/ policy evaluation](#). They gather data to determine areas that need enhancement and the program impact to ensure that the program is efficient. Their job is to maintain the evidence-based approach to the program and make the necessary changes to produce the most favorable results.

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