

NRS 420 Topic 4 DQ 1

Student Name

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

COURSE XXX: Title of Course

Instructor Name

Month XX, 2024

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According to the Centers for Disease Control and Prevention (CDC) (2018), “Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression, anxiety, and dementia.” Studies have shown that 71 million adults are not physically active. (CDC, 2018). Heart attacks and strokes are two of the conditions that are prevalent in our society today. Both conditions can be mitigated through physical exercise and activity. Stroke is a leading cause of death and long-term disability in the United States. Approximately one-half million US adults suffer from stroke (first attack) each year, with 100,000 recurrent attacks. Nurses play a vital role in health promotion.

The CDC (2018) states that “getting at least 150 minutes a week of moderate physical activity can lower your risk for these diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower blood pressure and improve cholesterol levels.” To increase the likelihood of participation, I would find out what activities the patient enjoys, i.e., gardening and playing with kids, and encourage them to increase them. According to Berman (2022), “Even light physical activity lowered the chances of a stroke.” Also, I would recommend that the patient start walking up to 30 minutes a day, at least three days a week, and add some strength training if cleared to do so by their MD to improve muscle mass.

References

Berman, R (2022). Medical News Today. Even light-intensity activity may lower risk of stroke, study finds. <https://www.medicalnewstoday.com>

Centers for Disease Control and Prevention (2018) *Heart disease and stroke deaths hitting middle age adults in large numbers*. <https://www.cdc.gov/>

• Assessment Description

- Explore “Lippincott Advisor: Cultural Perspectives” and “Cultural Religious Competence in Clinical Practice,” located in topic Resources. Select a culture, community, or religion that is unfamiliar to you and review what makes it unique. Apply what you have learned about your selection to the following scenario:
- You are admitting a 19-year-old female college student to the hospital for fevers. Describe what would be important to remember while you interview this patient. Explain how you would communicate with this patient reflecting a culturally responsive approach. Discuss the health care support systems available in your community for someone of this group. If no support systems are available in your community, identify a national resource.

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