

Health Promotion Plan Presentation

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Implement your health promotion plan developed in Assessment 1 by conducting a face-to-face educational session addressing the chosen community individual or group's health concerns and health goals. Evaluate the session outcomes and make revisions as applicable to improve future educational sessions.

Hypertension is a [NURS FPX 6011 Assessment 1 Diabetes Patient Concept Map](#) risk factor for heart disease, stroke and death. Life-style modifications that help to control blood pressure include diet, exercise and smoking cessation.

Assessment 1: Assessing the Problem

In this assessment, you will simulate presenting the hypothetical health promotion plan you developed in Assessment 1. You will present your plan to a community individual or group of people. You will collaborate with this hypothetical audience in setting goals for the session, evaluating session outcomes, and suggesting possible revisions to improve future sessions. You will also [NURS FPX 6103 Assessment 1 The History of Nursing Education](#) to present your plan with professionalism and cultural sensitivity.

Despite advances in technology and globalization, the world is experiencing a unique crossroads with respect to health and well being. This is characterized by the rise of a "triple burden" of disease including infectious diseases, new and emerging re-emerging disease, [NURS FPX 6610 Assessment 4 Case Presentation](#) noncommunicable chronic conditions (Healthy People 2020, n.d).

In this scenario, you are a health promotion professional working with a group of community members to address the growing problem of sedentary lifestyles and poor dietary habits which contribute to the increased risk for developing health problems. Your goal is to help them adopt healthier habits and develop strategies for managing stressors in their lives. You will need to assess the [NURS FPX 6612 Assessment 1 Triple Aim Outcome Measures](#) of your group and provide them with educational tools, resources, and support. You will also need to be familiar with the various factors that influence community health and wellness, including leadership collaboration, change management, and policy considerations.

Assessment 4: Concept Analysis

A health promotion plan is vital for nurses to create in order to avoid future cancer incidents caused by smoking. In the case of two patients suffering from lung cancer, the health promotion plan was crucial for nurses to consider as it helps them avoid future [NURS FPX 8030 Assessment 3 Critical Appraisal of Evidence Based Literature](#) incidents that can lead to more cancer incidences (Choudaha, 2018). Nurses also took into account cultural, socio-economical, and educational biases of these patients in order to determine how they were able to continue their addiction to smoking.

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