

**National RN Population Health
Nurse Certificate Program**
Evidence, Prevention, and Public Health Concepts
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Key concepts

- Evidence
- Prevention
- Public Health
- Population Health



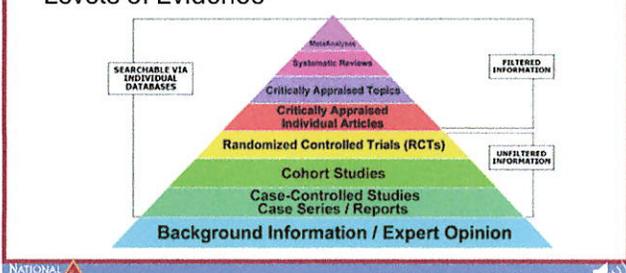
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Evidence and Prevention



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Levels of Evidence



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Evidence to practice

- Application of levels of evidence
- Evidence-based practice



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Pace of change

- Technological advances
- ACA and HITECH Act
- Rise in published research
- Continued increase in research and development of new drugs



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Levels of Prevention

Tertiary
Affects individuals by preventing or lessening negative impact

Secondary
Affects individuals by identifying conditions or needs

Primary
Affects at-risk populations or environments by preventing problems

Primordial
Affects populations by reducing overall risk

Figure 2. A model of prevention used for health care and disease strategies to improve population health. (Lichten, 2013). Department of Health and Human Services, Office of Disease Prevention and Control. <http://www.cdc.gov/od/oc/media/press/2013/s111113a.htm>

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Primordial-Addressing it before it starts

- Influenza campaign promoting handwashing, wearing a mask, and coughing into your elbow.
- Mandating health plan coverage of cervical cancer screening tests

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Primary- targeting risk

- Flu- annual flu vaccines
- Cervical cancer prevention- HPV vaccine

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Secondary- preventing disease after exposure

- Flu- rapid influenza testing
- Cervical Cancer- screening tests

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Tertiary- preventing worsening disease

- Flu- antiviral medications
- Cervical cancer- surgical removal

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Quaternary- preventing unwarranted interventions

- Antibiotic use for viral infections

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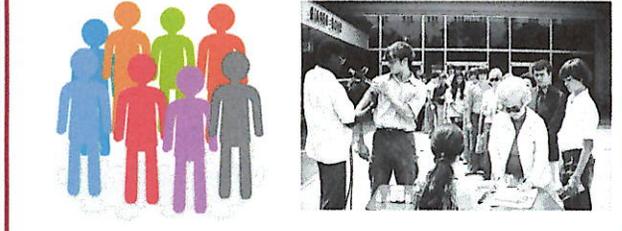
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Public and Population Health Nursing Practice



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Public Health vs. Population Health




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Public Health 3.0

- ACA
- Regan- Block Grants
- Systems thinking

THE 10 ESSENTIAL PUBLIC HEALTH SERVICES
To protect and promote the health of all people in all communities




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Upstream Planning

- Health equity
- Rural vs. Urban
- Mitigating the problem

SOCIAL DETERMINANTS AND SOCIAL NEEDS: MOVING BEYOND MIDSTREAM




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Healthy People

- Healthy People 2030
- Wisconsin Health Plan-statute





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Healthy People- Overarching Goals

- Attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death.
- Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
- Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all.
- Promote healthy development, healthy behaviors, and well-being across all life stages.
- Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all.




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Increase the proportion of women who had a healthy weight before pregnancy — MICH-13

Status: Getting worse

Most Recent Data: 38.2 percent (2022)

Target: 47.1 percent

Desired Direction: Increase desired

Baseline: 42.1 percent of females delivering a live birth in 2019 had a healthy weight prior to pregnancy

Objective: Increase the proportion of women delivering a live birth who had a healthy weight prior to pregnancy

Target Setting Method: Percentage point improvement

Data Source: National Vital Statistics Reports—Natality (2022) CDC/NCHS

[Learn more about this measurement for this objective](#)

[Add to Custom List](#)

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Healthy Wisconsin

Wisconsin State Health Improvement Plan 2023-2027 Implementation Guide

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Public Health Nursing Process

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Evidence-Based Public Health Nursing Practice

- Holistic
- Social determinants of health
- Independent nursing functions

Minnesota Department of Health

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Case Example

Preventing tobacco use in teens

- Nearly 1 in 3 Wisconsin students have tried e-cigarettes
- Females (17.6%) have higher rates of vaping than males (12.3%)
- 1 in 4 students who vape also smoke conventional cigarettes

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System

Primary- share evidence with elected officials to support legislation that would prevent targeting tobacco advertising to youth

Secondary- work with schools to conduct a health behavior screening, referral, and follow-up program in middle and high schools

Tertiary- work with schools to develop a smoking prevention and cessation interdisciplinary team that includes case management

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Community

Primary- partner with a youth organization to raise awareness of the hazards of vaping

Secondary- hold a health-behaviors screening booth for youth a county fair

Tertiary- create a social networking campaign in partnership with a local youth organization and link it to your website



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Individual

Primary- partner with schools to offer classroom lessons on the dangers of tobacco use and strategies to avoid it

Secondary- partner with school nurses to monitor health behaviors of students, including tobacco use

Tertiary- partner with schools to develop a smoking cessation program



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Recap and Next Steps

Recap

- Evidence
- Prevention
- Public vs. population health
- Social determinants of health and equity

Next Steps

- Watch the videos and listen to the podcast
- Complete readings
- Complete the *Test your knowledge quiz*



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