



## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

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### NURSING CONTRIBUTIONS TO ACHIEVING SUSTAINABLE HEALTH: AN ACADEMIC PERSPECTIVE

Esraa shaker saeed

Alaa Neama Hadi

Zehraa Mahdi Abd Ali

Kareem Jebur Dhaidan

Hasan Saud Abdul Hussein

Mohammed Kadhim Saadon

<sup>1</sup> Lecturer University of Kerbala/Faculty of Nursing /pediatric Nursing Branch, Assist. Lecturer. Pediatric Nursing Department, College of nursing, University of Kerbala, Iraq, Academic Nurse /psychiatric Nursing Department/College of Nursing/ University of Kerbala, Iraq, Lecturer of Pediatric Nursing, Department of Pediatric Nursing, University of Kerbala, Karbala, Iraq. Lecturer of Pediatric Nursing, Department of Pediatric Nursing, University of Kerbala, Karbala, Iraq. Lecturer, Department of Nursing/ College of Nursing/ University of Kerbala.

<sup>1</sup>israa.shaker199090@gmail.com ,

alaa.neamah@uokerbala.edu.iq,Zehra.m@s.uokerbala.edu.iq

kareem.j@uokerbala.edu.iq, hasan.s@uokerbala.edu.iq,

mohammed.kadhim@uokerbala.edu.iq

#### Abstract:

Sustainable health represents a new notion, which involves environmental, social, and economic aspects to promote the health of people and populations, both in the short term and within the long term. It emphasizes the need to build robust health systems capable of dealing with environmental, economic, and social issues. This framework reflects the focus on prevention, health equity, and

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sustainable reform to focus on health disparities. The work of nurses in producing sustainable health is critical in preventing diseases, promoting health, and advocating for equitable health measures. This paper outlines the importance of nursing in sustainable health systems, highlighting their roles in disease prevention, health education, mental health, and the integration of technology to enhance patient care and improve public health.

**Keyword:** Nursing , Contributions , Sustainable, Health, Academic Perspective.

### Introduction

As a new and all connecting individual concept that extends from environmental life, social structure and economy to well-being for the individual or population in short and long terms, sustainable health is gradually being accepted. This is a reminder that human as well as planetary health come at different levels. So pandemic-resilient health systems must not only offer quality health care; they also need to be able cope with new environmental, economic and social threats. So the ultimate aim of Sustainable Health Systems is to guarantee-effectiveness for both current and future generations.

There are two aspects of sustainable health. On the one hand, it is prevention: we need to do a better job of reducing risk factors and providing people with the opportunity for healthier living, while avoiding disease at source. From the perspective of social justice and equality, Health for All is a central goal of socialism with China characteristics. Moreover, it necessitates sustainable reform. Besides benefitting those who need help the most first, this means that problems are addressed at their very roots.

Designing healthcare services and systems that have the least possible impact on the environment, and ensuring that health services are not a contributor to environmental degradation in general. Economic efficiency is also important due

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to increased health effect and better use of the (small) available financial resources. (2)

Sustainable HEALTH is generally considered along three interrelated dimensions. On environmental sustainability it is the issue of reducing carbon emission in health-care systems as well as having health interventions that are environmentally friendly.

Under the category of social sustainability come issues such as reducing health disparities, advancing equity, inclusivity and equitable access to care across communities. Financial sustainability involves the long-term monetary feasibility of health systems by focusing on efficiency, cost-effectiveness and responsible resource allocation. Collectively, these dimensions contribute to a multidimensional construct that is necessary for the achievement of sustainable and equitable health outcomes over generations. (3,4)

The development of nursing has greatly contributed positively to public health and sustainable health systems. Nursing, historically, was originally conceived as a family-centered role (Mistovich), and the origins of nursing as such may be difficult to engender, especially among men's expectations that their lives are replete with independence. It has since developed into a professional discipline that other Westernized countries, including Australia, have emulated in the design and development of modern healthcare systems. Nursing has evolved from pure early nursing to cover many fields such as health promotion, management (leadership), education, and research. (5)

From a population and sustainable health standpoint, nurses are critical in disease prevention and health promotion and advocacy for policy. On the individual level, nurses treat patients, care for chronic conditions and encourage healthy living. And they are participating in health surveys, vaccination campaigns and community outreach. On the policy level, they advocate for equitable health policies, protection of environmental health and sustainable health reforms leading towards good health for all". (5,6)

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Nurses also play a significant role in health maintenance, they encourage prevention of chronic diseases and control of patient's chronic disease conditions as well as providing participation in health education, outreach service provision at the community level including working on decision-making bodies and policy setting. It is this double-edged potential, sitting at the interface between clinical management and public engagement, that can influence the quality of care provided to patients now as well as the preparedness of systems for future crises. There is a cost to society in addressing the historic marginalization of nursing and its leadership role in policy, because supporting nurse leadership will allow us to build more resilient, equitable and efficient health systems. (7)

### MAIN BODY:

Nursing and the health of people living in a sustainable environment

Nursing and Health Education

Education is a part of nursing care system and one of the main factors of stability in health.

Nurses, especially in community and public health roles are key to educating individuals and communities about disease prevention, healthy living, and successful self-management. As educators, they are responsible for ensuring both physical health and promoting family wellness, mental health literacy and advocacy for public policies that support the health of children. Nurses support people to make life-informed choices through ongoing education and empowerment as we work toward long-term health sustainability. (8)

Nursing and Disease Prevention

Nurses are lead individuals in the area of preventive cares including immunization programs, health check-ups, life style advice and health promotion programs. They contribute to achieve this by risk assessment and early interventions; acting with preventive purpose in chronic and non-transmissible

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diseases (CMDNTs) among which are cardiovascular, diabetes, cancer. Preventive interventions are usually divided into three levels:

**Primary** prevention refers to preventing disease before it occurs, for example through immunization and health education.

**Secondary** prevention which refers to College of Medicine, University of Nigeria, Enugu early identification and prompt treatment in order to prevent progression or severity.

All **Tertiary prevention** (minimization of complications and supporting rehabilitation, for example, as an individual with a chronic condition). (9)

### Care of the Older Person with Long-Term Conditions

Long-term coordinated care is required for such chronic diseases that plague the world. Nurses are very important managing chronic diseases by writing a patient-centered plan of care, doing long-term teaching to the patients, assessing compliance and creating an interfaced between them and different healthcare providers. Their patient-orientated strategies lead to sustained self-management, enhanced quality of life and a decrease in hospital admissions representing effective sustainability from a health provider perspective. (10)

### Nursing and Mental Health

A very important, but often overlooked aspect of sustainable health is mental health. Nurses enhance psychological well-being through the form of early identification of mental illness, patient counseling, advocacy on behalf of the patient, and making referrals to specialized care when necessary. By integrating mental health promotion in the routine care, nurses can help decrease stigma, early intervention and the overall population outcome of mental health. (11)

Nursing and Innovation on Sustainable Health

Nursing and Technological Innovation

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The nursing profession is moving into a technological era. Telemedicine, EHRs and remote patient monitoring have enhanced access to care, productivity and continuity. It is a great disease killer, and nurses have a great contribution to make to make sure that these information tools are employed in a proper and ethical manner that will enhance patient safety and active involvement (12).

Telemedicine: Nurses provide virtual consults and follow-up care, particularly in rural and underserved locations. NURSING Electronic documentation: Nurses indicate utilizing technology to record care, gather health history, and plan care within the setting of patient-centered teams. Field Note: Prostitution in Strada Pornographic R - Alternate Nurse 105.

### **Telemonitoring:**

Telemonitoring is a method wherein nurses can remotely track the conditions of their sick patients in real time to manage chronic illnesses and take early action when there are issues (13).

### **Nursing and Climate Change Adaptation**

Climate change (extreme weather events, emerging infectious diseases, and poor air quality) is becoming an increasingly important threat to public health. Health care Environmental stewardship and climate resilience, community outreach to enlighten the people on the dangers of climate on their health, and complementing the policies that reduce the health impact of pollution can assist to protect vulnerable communities. They are contributing to preparedness and sustainability in the health systems because of being involved (14).

### **Nursing and Global Health Initiatives**

Nurses play central roles in universal health programs that strive to eliminate health disparities in the world and improve access to health services in less resourceful environments. Together with the international organizations (e.g.,

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World Health Organization and others) and non-governmental agencies, nurses have been taking part in different vaccination campaigns, maternal/child health programs, emergency response missions, and other activities of public health education. Their input is aimed at supporting the health systems all over the world and improving the equity of care. (15)

### **Nursing's Leading role in the achievement of Sustainable Health Globally** Nursing Innovations in Developed Nations: Case Study 1

A reason behind the latter is the presence of the advanced practice nurse (APN) who has led long-range periphery roles of patient examination, diagnosis, and subsequent treatment. Through this model, more people have access to care, physicians are relieved of the burden, and patient care is enhanced in rural or underserved regions (16).

### **Illustrative Example: The UK's Nurse-Run Clinics**

Clinics that provide complete management of chronic conditions (e.g., diabetes/hypertension) are available in the UK, and they are run by nurses. These clinics are both cost-effective and improve patient outcomes and reduce the already overloaded hospital care. Nurses carry out monitoring, education, and, as required, referral, hence demonstrating the value of nurse-based healthcare models. (16)

### **Case 2: Nursing in the Less Developed Countries**

In developing countries, nurses are needed as frontline providers to millions of individuals with little access to healthcare due to poverty. An example of one of them is the nurse-led mobile health clinics in India, which provide vaccination, maternal care and health education to the geographically remote and impoverished population. These creative outreach programs are devised in order to increase access to care and serve as an example of how nursing leadership can

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help tackle the issue of infrastructure challenges by sustainable health solutions. (17)

Health and Nursing: Socio-political determinants of health in Nepal.

Australian and New Zealand Editions Healthy Lives in Our Hands Australian & New Zealand Edition. unit 2 Contemporary issues for the Australian health care system: focus on HSC Work needed on chapters 12.

Despite being of critical importance, nurses experience numerous challenges, which could limit their contribution to sustainable health systems. Among the most pressing of them is the global issue of the shortage of nurses, as it is a well-known problem of healthcare delivery and the health system sustainability, particularly in the countries with low and middle income, the countries with scarce health resources. (19)

The problem of the staff shortage exacerbates patient workload, reduces quality of care, and impedes the implementation of preventive and community health actions. The next highest priority is burnout and growing mental health strain among nurses. The high demands of clinical work, long working hours, and emotional stress associated with patient care promote fatigue, dissatisfaction with the job, and lack of retention.

### **Sustainable Nursing and Health. Environmental Hazards 2007;66(3):231-5. The Role of Nurse Leaders**

This would allow them to be involved in the policy-making process and ensure harmonized health policies and reforms with sustainable development, medical doctors' as well as citizens' interests. (22)

Exposé and Prospects for Continued Health

### **Conclusion**

Nursing is the cornerstone of achieving sustainable health and sustainable health systems internationally. Nurses work in each of these areas: we are at the bedside

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as well as in public health; nursing has an impact on surveillance, education, policy and global health. But workforce shortages, burnout and the absence of equity in staff distribution present obstacles for them. In order for nurses to be at the forefront of developing sustainable, resilient and equitable health systems in generations ahead the education of nursing must come to realization, technology driven by innovation and policy action established.

### Recommendations for Strengthening Nursing's Role

Several options are available to increase the contribution of nursing for sustainable health. Greater access to nursing education is essential around the globe in order to help alleviate shortages of nurse, and enhance care (20, 21). The utilization of the digital world in nursing has the potential to reduce cost, increase workflow convenience and enhance patient care. (23) In addition, it is important for nurses to actively involved in policy making is order to advocate for affordable, accessible and environmentally friendly healthcare. (22)

### Policy Recommendations

Key understandings of the role of governments and inter-govern mental organizations in promoting nursing inputs to sustainable health through:

a) The establishment of policies that

Fund and support nurse led health promoting initiatives.

Facilitate sustainability in healthcare systems.

Improve work environments, nurse-to-staff ratios and support for mental health of nurses to address burnout and increase job satisfaction. (24)

Nursing Ahead in the Global/ Local Framing 2020 on Sustainable Health

Nursing and sustainable health systems. The future role of nurses in sustainable health 44: Barbara Iolci Vol.2 nurses within these health sys- tems will need to be that of the team, of technology, and proactively urging toward global health. We

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need nurses who are flexible and forward looking, immersing themselves in the circumstances and learning from conditions as they change. (25,26)

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