**Health promotion**

* Health promotion is the process of enabling people to increase control over and to improve their health. **(WHO 1986)**
* Health promotion refers to activities that increase the well-being and enhance wellness or health.

**(Pender, Murdaugh and parsons,2006).**

* It is the process which empowers families and communities to improve their quality of life, achieve and maintain health and wellness. It emphasizes not only prevention of disease, but the promotion of positive good health.
* **Health promotional activities**
* Immunization
* Safety and accident prevention
* Screening
* Counselling
* Life style changes
* Stress management
* **Immunization**
* Immunization refers to the process of acquiring immunity against a specific disease, with the aim of avoiding and reducing infections.
* Purposes of Immunization
* Vaccines greatly reduce the risk of infection.
* Vaccines prevents infection and its spread to others.

**Recommended immunization for adult**

**Flu Influenza Vaccine**

These include:

* Flu shots that are made with inactivated influenza viruses.
* A [live attenuated influenza vaccine, which is given by nasal spray](https://www.cdc.gov/flu/prevent/nasalspray.htm).

Recommendation:

* Flu shots also are recommended for [pregnant people](https://www.cdc.gov/flu/highrisk/pregnant.htm" \l "fluvaccine) and people with certain chronic health conditions.
* The nasal spray flu vaccine is approved for use in people 2 years through 49 years of age.
* People who are pregnant and people with certain medical conditions [should not receive the nasal spray flu vaccine](https://www.cdc.gov/flu/prevent/nasalspray.htm).

Dose:

* Inactivated influenza vaccine: 0.5 mL, IM, once yearly
* Intranasal sprayer: 0.2 mL single-dose

Contraindication:

* Severe allergic reaction (e.g., anaphylaxis) after previous dose of any influenza vaccine
* Severe allergic reaction (e.g., anaphylaxis) to any vaccine component3 (excluding egg)

Precaution:

* The vaccine may cause mild symptoms, such as a fever, headache, and muscle aches
* Guillain-Barré syndrome (GBS) within 6 weeks after a previous dose of any type of influenza vaccine
* Moderate or severe acute illness with or without fever

**TD (Tetanus, diphtheria)**

* **Children aged over 10 years and adults(who have not been immunized as a child)**
* **Primary Dose :**Three doses of vaccine – as Td each one month apart
* **4th Dose :**Five years after the primary course – as Td
* **5th Dose :**10 years after the 4th dose – as Td
* Recommended dose: 0.5ml/IM

Who should not get Td vaccine:

* are prone to seizures or have a nervous system condition, such as [epilepsy](https://www.medicalnewstoday.com/articles/8947)
* have [Guillain-Barré syndrome](https://www.medicalnewstoday.com/articles/167892)
* have experienced an allergic reaction after a previous dose
* are allergic to any of the vaccine’s ingredients
* have been in a [coma](https://www.medicalnewstoday.com/articles/173655) or experienced decreased consciousness, 7 days after a previous dose
* People undergoing [chemotherapy](https://www.medicalnewstoday.com/articles/158401) or radiation treatment also should not get Tdap until their treatment is complete.

Precaution:

* Receipt of specific antiviral drugs (acyclovir, famciclovir, or valacyclovir) 24 hours before vaccination (avoid use of these antiviral drugs for 14 days after vaccination)
* Use of aspirin or aspirin-containing products
* Moderate or severe acute illness with or without fever
* **Human Papilloma Virus (HPV)**
* Dose: 0.5 ml/IM
* Routine vaccination:
* Age 15 years or older at initial vaccination: 3 dose series (0, 1–2 month, 6 months interval)
* (minimum intervals 4 weeks between doses 1st and 2nd dose, 12 weeks between 2nd and 3rd dose and 5 months between 1st and 3rd dose.
* Recommended through 26 years for everyone who do not get vaccinated in previous days.
* Not recommended for everyone older than 26 years.
* Some adults age 27 through 45 years who are not already vaccinated may decide to get HPV vaccine after speaking with their doctor about their risk for new HPV infections and the possible benefits of vaccination for them.
* HPV vaccination in this age range provides less benefit, because more people in this age range have already been exposed to HPV.

People who should not get HPV vaccine

* Have ever had life-threatening allergic reaction to any component of HPV vaccine, or to a previous dose of HPV vaccine
* Are pregnant

Precaution:

* People with minor illnesses, such as a cold, may be vaccinated.
* People who are moderately or severely ill should usually wait until they recover before getting HPV vaccine.
* Syncope (fainting) may be caused by injected vaccines, including HPV vaccines.
* Very rarely, any vaccine, including HPV vaccine, can cause anaphylaxis

**Shingles Zoster vaccine**

Recommendation:

* Administer 2 doses of recombinant zoster vaccine (RZV): 2-6 months apart to adults aged 50 years or older.
* Dose: 0.65ml, S/C

Special Precaution:

* Zoster Vaccine Live (ZVL) is contraindicated for pregnant women and adults with severe immunodeficiency.
* Current herpes zoster infection

**Pneumococcal vaccine**

* There are 2 vaccine that can prevent Pneumococcal disease: -
* pneumococcal conjugate vaccine (PCV13) :0.5 ml, IM ,use in younger than 2 years and immuno compromise person
* Pneumococcal polysaccharide vaccine (PPSV23): 0.5 ml, IM or SC , use for adults
* Contraindication:
* Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
* Severe allergic reaction (e.g., anaphylaxis) to any diphtheria-toxoid–containing vaccine or to its vaccine component

Precaution:

* Moderate or severe acute illness with or without fever

**Meningococcal vaccine**

* Meningococcal or Men B vaccine dose: 0.5 ml/IM (16-23 years to provide short term protection against strains of serogroup B meningococcal disease)

Contraindication:

* Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component.

Precaution:

* Pregnancy
* For MenB-4C only: Latex sensitivity
* Moderate or severe acute illness with or without fever

**Hepatitis A vaccination**

Vaccines are available for long-term prevention of HAV infection in persons 1 year of age and older.

* Dose: 1ml/IM (2 doses at 6 months apart)

**Hepatitis B vaccination**

* Dose: 1ml/IM
* Against hepatitis B virus
* Total doses:
* 3-dose series HepA-HepB (Twinrix)
* 1st at any time
* 2nd at least 1 months after 1st dose
* 3rd dose 6 months after 1st
* 4-dose series HepA-HepB (Twinrix) accelerated schedule of 3 doses at 0, 7, and 21–30 days, followed by a booster dose at 12 months

contraindication

* Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine componentincluding neomycin and yeast

Precaution:

* Moderate or severe acute illness with or without fever

**Covid 19 vaccine**

**Coronavirus disease 2019** (**COVID-19**) is a [contagious disease](https://en.wikipedia.org/wiki/Contagious_disease" \o "Contagious disease) caused by a [virus](https://en.wikipedia.org/wiki/Virus" \o "Virus), the [severe acute respiratory syndrome coronavirus 2](https://en.wikipedia.org/wiki/Severe_acute_respiratory_syndrome_coronavirus_2" \o "Severe acute respiratory syndrome coronavirus 2) (SARS-CoV-2).

* Vaccine: live attenuated vaccine
* Pfizer: 2 doses (0.3 ml), 3-8 weeks apart, Booster dose at least 2 months apart last primary series.
* Moderna: 2 dose (0.5 ml), 4-8 weeks apart, at least 2 months apert from last dose
* Johnson and Johnsons: 1 dose (0.5ml), at least 2 months apart from primary series
* AstraZeneca: 2 doses (0.5ml), 4-12 weeks apart
* Covid Shield: 2 doses (0.5ml), 12-16 weeks apart
* Age: more than 18 years
* Route: IM into deltoid injection

Booster dose

For booster vaccination, bivalent mRNA vaccines are recommended. Any homologous (i.e., same manufacturer for the primary series and booster dose) or heterologous (i.e., different manufacturer for the primary series and booster dose) bivalent mRNA vaccine can be used as authorized by FDA for a given age group and product

Precaution:

* recent (within the past 3 months) myocarditis or pericarditis
* acute rheumatic fever or acute rheumatic heart disease (with active myocardial inflammation)
* acute decompensated heart failure.

**MMR**

* Vaccine: MMRII
* Recommendation: 19 to 55 years
* Dose: 0.5ml/SC (1 or 2 doses)

Contraindication:

* Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component3
* Severe immunodeficiency (e.g., hematologic and solid tumors, receipt of chemotherapy, congenital immunodeficiency, long-term immunosuppressive therapy or patients with HIV infection who are severely immunocompromised)
* Pregnancy
* Family history of altered immunocompetence, unless verified clinically or by laboratory testing as immunocompetent

Precaution:

* Recent (≤11 months) receipt of antibody-containing blood product (specific interval depends on product)
* History of thrombocytopenia or thrombocytopenic purpura
* Need for tuberculin skin testing or interferon-gamma release assay (IGRA) testing
* Moderate or severe acute illness with or without fever

**Nursing Implication in Immunization**

* Nurses have responsibility to be up to date on a recommended routine vaccine
* Documentation should be done properly
* Get proper training before administrating vaccination
* Always prepare and check for: Right dose, right route and right time of right vaccination.
* Encourage client to administer full dose of vaccine
* Provide health education about different vaccine regarding doses, routes etc.
* [Diseases & the vaccines that prevent them](https://www.cdc.gov/vaccines/parents/diseases/index.html)
* [Vaccine Information Statements](https://www.cdc.gov/vaccines/hcp/vis/index.html) (VIS)
* [How to hold your child during vaccinations](https://www.cdc.gov/vaccines/parents/visit/holds-factsheet.html)
* [Tips for a less stressful shot visit](https://www.cdc.gov/vaccines/parents/visit/index.html)
* [Parent-friendly schedule](https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf" \t "new)
* [Provider resources for vaccine conversations with parents](https://www.cdc.gov/vaccines/hcp/conversations/index.html)
* [Understanding vaccines and vaccine safety](https://www.cdc.gov/vaccines/hcp/conversations/provider-resources-safetysheets.html)
* [Responding to concerns about vaccine](http://www.immunize.org/handouts/vaccine-questions.asp)

**COUNSELLING**

**Definition**

* The counseling is an artful application of scientifically derived psychological knowledge and techniques for the purpose of changing human behavior.
* Counseling is ‘therapeutic communication’
* Counseling develops positive attitudes.
* Counseling is different from advising.
* It requires communication skills, relationship skills, analytic skills and motivation skills.

-The positive changes in the counselee may be :

* Cognitive

 - Changing how a person thinks

* Affective

- Changing how a person feels

* Behavioral

-Changing how a perso

n behaves or acts

**Aims of counseling**

* It help people to gain an insight .
* To improve communication and interpersonal skill
* To make able to change self defective behaviour .
* To relive from depression and other mental health condition.
* To increase confident and decision making skill.

**Steps of' ‘GATHER' techniques are used in effective counseling**

* Greet: Greet the patient .
* Ask: Ask the patient about his problem.
* Tell: Tell him about the available solutions / options.
* Help: Help in selecting the solutions / options.
* Explain: Explain the consequences and the selected solution .
* Return visit: Tell him about the return / next visit to the counselor .

**Types of counseling**

**Individual Counseling**

* begin counseling with an individual consultation with a counselor. He or she will talk about what concerns clint want to address. Together, client'll set goals for therapy. Depending on situation, additional individual counseling may be appropriate, especially if you need immediate relief for a crisis situation.

It is effective in such as feelings of

* low self-esteem,
* anxiety,
* depression,
* academic concerns,
* substance use,
* Issues with friends and family, or relationship concerns.

**Couples Counseling**

dealing with relationship or sexual problems, it can help to include partner in therapy. Other conditions are:-

* lack of trust
* betrayal or affair
* Jealousy
* lack of communication
* financial issues
* work-related stress
* different sexual needs or other sexual issues
* family conflicts
* different goals and values
* different parenting styles
* Life changes

**Group Counseling**

* Group therapy can often be more effective than individual counseling for changing thinking, feelings, and behaviors.It enables to practice new behaviors in a safe environment. It introduces to people who are dealing with similar situations who may be able to help. Group counseling is a weekly commitment.Part of its value is the process of building relationships with other members.All group members commit to complete confidentiality about who attends and what is said during sessions.

**Tele-Counseling**

* We also offer tele-counseling services, meaning one can meet with a therapist through video chat, in the comfort of own home

**Benefit of counseling**



**Summary**

* Health promotion is the process of enabling people to increase control over and to improve their health. Immunanization and counselling are activities done for promotion of the health of every individual.Immunization refers to the process of acquiring immunity against a specific disease, with the aim of avoiding and reducing infections.The counseling is an artful application of scientifically derived psychological knowledge and techniques for the purpose of changing human behavior.immunization helps to prevent disease and promote well being.

**Question**

**Multiple choice question:**

1. Immunization helps in \_\_\_\_\_\_\_\_\_
2. controlling the infection
3. reducing body immunity.
4. monitoring the health
5. Cure disease

**True/False**

Immunization boosts our immune system\_\_\_\_

**Complete incomplete sentence**

Individual counseling is counselling with an ………………consultation with a counselor.

**Home assignment**

Name the Covid 19 vaccine that you have taken, its dose and route of administration.

**References**

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**THE END**