

# NR 501 Week 7 Assignment:Theoretical Framework to Support Evidence-based Practice PowerPoint Presentation.

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# Theoretical Framework to Support Evidence-Based Practice

NR 501- 12597 Theoretical Basis for Advanced Practice Nursing

October 2018

# Introduction

- ▶ This presentation will discuss how Pender's Health Promotion Model (HPM) can be applied by using advanced practice nursing to increased physical activity in the obese populations.
- ▶ This presentation will discuss:
  - ▶ The Health Promotion Model by Pander (1982)
  - ▶ Issue/Concern of increased physical activity in the obese population related to the Family Nurse Practitioner (FNP) specialty
  - ▶ Pender's model as a framework for evidence-based practice (EBP)
  - ▶ A conclusion

# Pender's Health Promotion Model (HPM)

- ▶ Pender's Health Promotion Model was designed to be a “complementary counterpart to models of health protection” (1982; revised, 1996)
- ▶ This model defines health as a “positive dynamic state not merely absent of disease” (Garcia, 2016)
- ▶ Focuses on three areas: individual characteristic and experience, behavior-specific cognitions and effects, and behavior outcomes.

# Promoting Increased Activity in Teenagers

- ▶ The leading cause of death in the U.S. is obesity due to lack of physical inactivity
- ▶ Leading contributor to morbidity and disability.
- ▶ Largely preventable
- ▶ The role of Advanced Practice Nurse to promote health through prevention (AACN, 2011)

# Relevance to Advanced Practice Nursing

- ▶ Framework for health promotion advocacy
- ▶ Prevention focused on well-being before illness or disease exits
- ▶ Self-efficacy based
- ▶ Advanced-practice nurse's role to educate patients for healthy lifestyle choices
- ▶ Change through evidence-based clinical prevention

# Health Promotion Model as a Framework for Evidence-Based Practice

- ▶ Supports research studies and investigative work
- ▶ Promote nutrition in obese population
- ▶ Prevent co-morbidities related obesity using Pender's model

# Application of Health Promotion Model

- ▶ Evidence-based strategies in communities for health promotion and prevention programs
  
- ▶ Pender's model for evidence-based practice
  - ▶ Determines influencing and motivating factors
  - ▶ Identifies and overcome barriers
  - ▶ Educates regarding healthy behaviors



# Conclusion

- ▶ Pender's Health Promotion Model is a valuable tool in order to promote a healthy lifestyle and prevent illness
- ▶ Healthy lifestyle choices contribute to over 50% of preventable deaths
- ▶ Family Nurse Practitioners educate and support healthy behaviors.
- ▶ Healthy lifestyle choices decrease incidence of preventable chronic illness and disease

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