

HEALTH PROMOTION AS A ROLE FOR NURSE

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Introduction

1. Health

Every nursing model defines health in relation to the overall model and requires specific approaches to the patient. Thus, there are several different acceptable definitions. However, a commonly cited definition is that of the world Health Organization (WHO, 1958): "Health is a state of complete physical, mental, and social well-being not merely the absence of disease and infirmity." This definition is an acknowledgment that health is more than non-disease.

The Orem Self-Care model of nursing is very appropriate for nurses to use as a vehicle for health promotion. Orem (1959) has defined that the health is a state of wholeness or integrity. Capacity to like as a human being within our physical, biological and social environment achieving life potential.

2. Health Promotion

Health promotion is related to changing life style behaviors, which could be damaging to health or to changing behaviors which could lead to maximizing health and functioning.

Qtawa charter (WHO, 1986) defines health promotion as 'the process of enabling people to increase control over and improve their health.'

3. Role for Nurse

in Nepal, health promotion is seen as a role for nurses, with the emphasis very much on child health, although the health promotion needs of the elderly have become increasingly improvement.

Health promotion can, emphasized however, integrated in to all setting where nurses work. Health promotion is a activity that is deliberately planned and purposefully directed towards increasing a person's ability to function and facilitating a maximal state of physical, mental and social well-being. It is not directed solely to the "well being" who want to be at a higher level, but to people who need their health restored from an illness and all stages in between. The ultimate goal of health promotion actively by nurses is for the patient to active self-sustaining optimal levels of function and well-being. At this level, people do not need nursing or other professional health care. They have achieved a healthy and harmonious life-style and they are able to manage their self-care.

After a through assessment, that the level may be reached buy the nursing interventions to assist the patient in achievement of three main goals.

- Health restoration: Adaptation and crisis resolution for people experiencing some health threat or health deficit.
- Health maintenance and life-style modification: Health stabilization for people with chronic condition, risk reduction and health protection for people without identified illness.
- Health status Monitoring: Confirmation of health through periodic assessment, teaching and reinforcement of self-directed health promotion activities.

By using this goal, health promotion may occur in any setting: although the nurse must always consider the social factors, which affect the patient's health, these may not be so apparent in hospital. Hospitalized patients even in critical care may benefit from a health promotion intervention. For Example, the nurse could support a middle aged female and help her family adapt to the crisis of a myocardial infraction The Second level of the goals involve stabilization which may also occur in a tertiary setting and risk reduction which may be in the hospital or the community. Health status verification may occur in occupational health and community settings.

Conclusion: A change has occurred in the personal relations between nurse and patients, away from the view of the health professional as the expert who always knows what is best for the patient.

Directory of Doctors and Officers of Shree Birendra Hospital

S.No.	Rank	Name	Appointment	Phone No.	Pager No. 9672+	Mobile No. 9810+
1	Brig. Gen. Dr.	Laxmi Ram Mall	D.M.S., RNAHQ	523018	25802	
2	"	Durga Man Joshi	Commandant B.H.	522836	25801	
3	"	Kirshna Narasingh Rayamajhi	Head of the Surgical Division	423224, 425580	25804	31233
4	"	Gautam Ratna Shakya	Head of the Medical Division	270416-280704	25806	
5	Col. Dr.	Manoj Prasad Bhattarai	Head of the Dept. of Pathology	251759, 257891	25807	
6	"	Karna Bahadur Chand	Chief of Post Accident Centre	431405	25808	
7	"	Chhabi Raman Dahal	Clinical Registrar	472073	25809	
8	"	Radha Shah	Deputy DMS, RNAHQ	436710	25810	
9	"	Gyan Bahadur Thapa	Head of the Dept. of ENT	490421	25811	
10	"	Shambhu Man Singh	Head of the Dept. of Dental	523759, 411697	25812	32038
11	"	Ramesh Bahadur Basnet	Head of the Dept. of Chest	412816	25813	
12	"	Suraj SJB Rana	Head of the Dept. of Ophthalmology	222674	25814	
			Chief of Medical Training Center			
13	"	Achyut Prasad Sharma	Head of the Dept. of Surgery	432623		
14	"	Geeta Basnet	Head of the Dept. of Radiology	419774	25815	24341
15	"	Lalita Joshi	Head of the Dept. of Gynaecology	482259	25816	
16	"	Dujup Nikha Prasiko	Head of the Dept. of Anaesthesia	527649	25817	
17	"	Gambhir Lal Rajbhandari	Head of Cardio-Thoracic Surgery	534382	25818	34828
18	"	Swasti Bajra Bjracharya	Head of the Dept. of Medicine	257262	25819	35508
19	Lt. Col. Dr.	Prem Chandra Prasad	Consultant Surgeon	244734	25820	
20	"	Sudarshan Lal Rajbhandari	Consultant Dermatologist	535878	25821	
21	"	Prakash Raj Pandey	Consultant Physician	430747	25822	
22	"	Bachchu Ram K.C.	Head of Dept. of Orthopaedic	490950	25823	24781
23	"	Bhairab Kumar Hamal	Consultant Surgeon	474146	25824	
24	"	Shiba Bahadur Basnet	Consultant Radiologist (C.O.,BFH)	472498	25840	26809
25	"	Bishnu Bahadur Thapa	Consultant Paediatric	434271, 434471	25825	
26	"	Kishore Jung Rana	Consultant physician	430073	25826	
27	"	Govinda Bahadur Khadka	Consultant Radiologist	274760	25827	26790
28	"	Arya Rajya Laxmi Pandey	Consultant Gynaecologist	411714	25828	
29	"	Yadab Bista	Head of the Dept. of Psychiatry	546496	25829	
30	"	Rajib Pandey	Consultant Physician	411714	25830	
31	"	Bhanu Chandra Shah	Consultant Orthopaedic Surgeon	411266, 274830	25831	27019
32	"	Naresh Kumar Giri	Consultant Surgeon	273436, 482294	25832	
33	"	Bishnu Bahadur Bastola	Consultant Dental Surgeon	283636, 429589	25833	
34	"	Shashi Rai	Consultant Anaesthetist	521592	25834	
35	"	Rajesh Pant	Pathologist	416551		
36	"	Rishi Khatri	Consultant Physician	435909	25835	
37	"	Brajendra Srivastav	Chest Physician	279381		
38	"	Sunil Kumar Singh	Pathologist	526233		
39	"	Binita Pandey	Gynaecologist	410460	25836	
40	"	Arun Kumar Neupane	Paediatrician	472545		
41	"	Nagendra Prasad Shah	Consultant ENT Surgeon	271524	25837	
42	"	Neelu Dali	Anaesthetist	273707, 271023		
43	"	Ramesh Raj Bista	Ophthalmologist	279792		

S.No.	Rank	Name	Appointment	Phone No.
44	Maj. Dr.	Mohan Prasad Dev Bhandari	General Surgeon Training, UK	274462
45	"	Bharat Prasad Singh	P.G. Training, Ortho, Ukrain	275481
46	"	Nagendra Bahadur K.C.	P.G. Training, Anaesthesia, TUTH	540667
47	"	Jagat Singh Pandey	P.G. Training, Pathology, TUTH	542262
48	"	Gopal Maharjan	Dental Surgeon	522987, 540557
49	"	Pankaj Chand	P.G. Training, Ortho, B Desh	432462
50	Capt. Dr.	Devendra Bahadur Khatri	P.G. Training, Cardiology, B Desh	495354
51	"	Arun Sharma	P.G. Training, Pediatrics, India	476354
52	"	Kiran Rai	P.G. Training, ENT, India	521577
53	"	Rajib Raj Shahi	P.G. Training UK	373237
54	"	Udaya Bajracharya	P.G. Training, S. Anaesthesthesia, India	213752
55	"	Rabindra Khujeli	P.G. Training, Chest, India	521233
56	"	Guana Bahadur Thapa	GDMO	281722
57	"	Sushir Bahadur Rawal	GDMO	271940
58	"	Eva Piya	P.G. Training Pathology, TUTH	276434
59	"	Hem Sagar Rimal	P.G. Training Paediatrics, TUTH	271940
60	"	Mukunda Singh Shrestha	GDMO, UNIFIL, Searaleon	533340
61	"	Bharat Bahadur Bhandari	GDMO, USS, Kaisang	525637
62	"	Sudha Sen Malla	Dental Surgeon	370034
63	"	Bhuvan Raj Kunwar	GDMO	270505
64	"	Ratna Khatri	Coy, Cdr. No. 2 Fi.A., Dharan	535609
685	"	Anu Gurung (Shrestha)	GDMO	351557, 352168
66	"	Sarita K.C.	Coy, Cdr. No. 3 Fi.A., Pokhara	570135
67	"	Namrata Rawal	GDMO	470257, 475774
68	"	Prashwas Thapa	Coy, Cdr. No. 5 Fi.A., Dipayal	279633
69	"	Amit Joshi	GDMO	351777
70	"	Rajib Kumar Deo	Coy, Cdr. No. 4 Fi.A., Nepalgunj	470699
71	"	Srijan Malla	Coy, Cdr. No. 7 Fi.A., Chaman	533018
72	"	Ajay Rajbhandari	GDMO	253530
73	"	Samir Aryal	Dental Surgeon	451899, 411012
74	Lt. Dr.	Indu K.C.	Coy, Cdr. No. 6 Fi.A., Baireni	528063
75	"	Sunita Pant	GDMO	432439
76	"	Sagar Mani Jha	GDMO, USS, Kaisang	271965
77	"	Suman Raj Dangol	GDMO	278688
78	"	Nabin Bhakta Shakya	GDMO	538105
79	"	Sadiksha Singh	GDMO	413708
80	"	Srijana Katuwal	GDMO	494884
81	"	Arabinda Pokhrel	GDMO	402809
82	"	Arun Nath Ghimere	GDMO	471919
83	"	Sagar Raj Karnikar	GDMO	526480
84	"	Kumar Raka	GDMO	432407
85	"	Minakshi Gurung	Dental Surgeon	434167
86	"	Krishna Gopal Bhujju	Dental Surgeon	434167
87	"	Moon Thapa	GDMO	529212
88	"	Umesh Kumar Singh	GDMO	413508
89	"	Anil Kumar Singh Dangol	GDMO	258762

Nursing Officers of the Shree Birendra Hospital

S.No.	Rank	Name	Appointment	Phone No.	Pager No.
1	Tech/Lt. Co.	Baba Maiya Budhathoki	Metron, B.H.	524885	
2	Tech/Major	Narbada Thapa	Medical Division	473464	
3	"	Anita Adhikari	Training/OPD	540265	
4	"	Kamala Subba	Haemodialysis	373026	
5	"	Rani Thakur Hamal	Operation Theater	545096	
6	"	Sundari Joshi	SCU/ICU/CCU	630726	
7	"	Manjari Bajracharya	Paediatric	249833	
8	Tech/Capt.	Aruna Rai	Operation Theater	280629	
9	"	Sushila Bhandari	Family Ward Incharge	538189	
10	"	Saraswoti Sharma	POP Incharge	527216	
11	"	Padma Rai	SCU	330637	
12	"	Chandrakala Rai	POP	271940	
13	"	Chandra Kumari Gurung	Haemodialysis	271941	
14	"	Mina Thapa	Medical	278621	
15	"	Sanu Maiya Shrestha	Medicall	479456	
16	"	Sumitra Mulepati	Surgical I	613315	
17	"	Suman Kalyan Shrestha	Bsc. Training India	271940	
18	"	Kalpana Karki	Anaesthesia	262298	
19	"	Nilam Dev Bhandari	Surgical I	612291	
20	"	Mina Shrestha	Operation Theater	271965	
21	Tech/Lt.	Dil Kumari Karki	Midical III	277890	
22	"	Subhadra Kumari Shrestha	Surgical Officer Cabin	273719	
23	"	Soniya Kayastha	Midical II	271940	
24	"	Sindhu Pokhrel	Operation Theater	434548	
25	"	Rajani Joshi	ITCU/CSD	263902	
26	"	Geeta Shrestha	Operation Theater	276179	
27	"	Laxmi Gurung	Gynae	271940	
28	"	Sarala Thapa	Paediatric Ward	271941	
29	"	Anju Shrestha	SCU	271940	
30	"	Anju Rayamajhi	Family Ward	271941	

Infantry and Technical Officers of the Shree Birendra Hospital

S.No.	Rank	Name	Appointment	Phone No.	Pager No.
1	Lt. Col	Ram Bista	Administrative Registrar	543108	
2	Tech/Lt. Col.	Bharat Acharya	Chief Maintenance	472843	
3	"	Yudha Bdr. Poudel	Physiotherapy	279126	
4	Tech/Maj.	Thalak Bdr. Bogati	Pathology	450109	
5	"	Mani Nath Paneru	Biomedical Engineer	354840	
6	"	Govinda Simkhada	Civil Engineer	350135	
7	Major	Bhim Bdr. Shah	Quarter Master Officer	418270	
8	"	Raj Bahadur Singh	Account Officer	284860	
9	Tech/Capt.	Bikash Bdr. Shrestha	ERE Electronic Engineer	255236	
10	"	Bhawani Pradhan	Speech Pathologist & Audiologist	424648	
11	"	Shiba Raj Ghimire	Physiotherapy	483922	
12	"	Tek Bahadur Kunwar	Medical Dept.	271940	
13	"	Yam Bahadur Gurung	Anaesthesia		
14	"	Khagendra Bdr. Si. Ma.	Pathology	271941	
15	"	Rama Subba	Dietician	411768	
16	"	Surya Raj Sharma	Pharmasist	544144	
17	"	Banira Thapa	Pharmasist	372722	
18	Tech/Lt.	Ram Bahadur Aryal	Surgical Department	492233	
19	"	Kolan Singh Gurung	Medical Department	271941	
20	"	Hari Bahadur Paudel	Medical Department	279126	
21	"	Sahen Pradhan	Pharmasist	276670	