HOSPITALIZATION FOR INJURY AND POISONING

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Introduction

Health is important because it is essential to living a long and happy life. Having good mental, physical, and emotional health can help someone achieve their goals, maintain relationships, and lead a productive life. Good health can also help to avoid or manage chronic illnesses and conditions, and live a more independent life. The report shed light on the fact of “young males' health” in Australia. Also, the report briefly describes and analyzes the facts of how the nurses are working with the “young males” community in Australia.

PART A- Identification of the community "Young males in Australia"

The health of men and boys in Australia is generally good overall, with some areas of concern. Men and boys have lower life expectancies than women and girls, with men's life expectancy at birth is 79.7 years, compared to 84.1 years for women. Men are also more likely to experience chronic diseases, such as cardiovascular disease, cancer, and diabetes. Mental health is an area of particular concern, with Australian men being three times more likely to die by suicide than women (Lynch, Long& Moorhead,2018). Men and boys are also more likely to engage in risky health behaviours, such as smoking, drinking excessive amounts of alcohol, and not participating in physical activity. These behaviours can lead to a range of health problems, including obesity, cancer, and heart disease.

Fortunately, there is a range of initiatives in Australia to help improve the health of men and boys. These include promoting healthy lifestyle choices, providing access to mental health services, and advocating for gender equality(Shai, 2018). The impact of diversity on men’s health in Australia is significant. Research indicates that men from culturally and linguistically diverse backgrounds often experience poorer health outcomes than their non-diverse

counterparts. This is due to a range of factors, including language and cultural barriers, inadequate access to healthcare services, and social and economic disadvantage. Language and cultural barriers can make it difficult for men from diverse backgrounds to access healthcare services. They may be unable to communicate effectively with healthcare professionals or understand the information they are being given. This can lead to delays in diagnosis and treatment, as well as inadequate health outcomes.

Furthermore, men from diverse backgrounds often face social and economic disadvantages, which can make it difficult for them to access quality healthcare. This can include issues such as limited financial resources, lack of transport, and inadequate health insurance. Finally, research shows that men from diverse backgrounds tend to have poorer mental health outcomes than their non-diverse counterparts(Shai, 2018). This can be due to a range of issues, including stigma, discrimination, and lack of cultural understanding. Overall, the impact of diversity on men's health in Australia is significant. To ensure that all men have access to quality healthcare services, it is important that healthcare providers are aware.

Young male health is of critical importance in Australia. It is a very critical issue to be overviewing to the government of Australia. The health and well-being of young men have an impact on the future of the nation, especially as they are the future leaders of the country. In addition, young men are more likely to suffer from physical and mental health issues than their female counterparts, which can have long-term implications for their overall health and well-being. Therefore, it is important to prioritize the health and well-being of young men in Australia in order to ensure they are able to reach their potential and contribute to the nation's future. This includes tackling issues such as mental health, substance abuse, physical health, and lifestyle and

dietary habits. By providing resources and support for young men, we can help to reduce the negative impacts of these issues and create a healthier, more productive society.

Some health issues of "young males" in Australia are Mental health issues are becoming increasingly common among young Australians. This includes depression, anxiety, and other mental health conditions (Shai,2018). The second one is Substance Abuse, Drug and alcohol abuse is a major health issue among young Australians. This can include alcohol and nicotine as well as illicit drugs such as marijuana and ecstasy. Obesity is a growing problem among young Australians. This is due to poor diet and lack of physical activity. Injury is a major health issue for young Australians as they are more likely to be involved in risky activities such as driving and riding motorcycles. These create major risky activities for young Australians.

Men's health needs to be taken seriously because men are at risk of developing serious health issues such as heart disease, stroke, diabetes, and various types of cancer. In addition, men are more likely to take risks with their health, such as engaging in unhealthy behaviours like smoking, drinking, and not exercising regularly. Taking men's health seriously can help reduce their risk of developing serious health problems and promote healthier lifestyles. Encourage men to make healthy lifestyle choices (Seidler*et al.* 2018). This includes eating a balanced diet, exercising regularly, getting enough sleep, and limiting unhealthy behaviours such as smoking and excessive alcohol consumption. Connect men with resources that can help them manage stress and mental health, such as therapy, support groups, and mindfulness practices.

Provide education about men's health issues, such as prostate and testicular cancer, and the importance of preventive screenings. Support men in establishing and maintaining relationships with healthcare providers. Advocate for policies that expand access to healthcare

and preventive services. Finally, create safe spaces for men to talk openly and honestly about their health and well-being.

The risk factors of priorities depend on a number of factors. Some of the main risk factors to consider include the complexity of the task, the resources available, the time frame, the budget, the potential for failure, and the potential for success (Nikoloudakis*et al.* 2018). Additionally, there may be external factors such as competition or market conditions that can also influence the risk associated with a particular priority. Finally, the risk associated with any priority should also be assessed in terms of the impact it could have on the overall success of the organization.

The "National Men's Health Strategy" (NMHS) was developed by the Australian Government in 2010 to improve the health and well-being of males in Australia. The NMHS is committed to improving men's physical and mental health, reducing health inequalities, and creating an environment in which all men have access to the best health outcomes.

The strategy focuses on four key areas, first one is "Improving service access and delivery for men". The second one is "Promoting and protecting the health of all men" and the third one is "encouraging healthy lifestyles for men". Finally, the last one is "Targeting specific health issues for men".

The NMHS is being implemented through a range of initiatives, such as the "Men's Health Promotion program", which provides grants to organizations to deliver health promotion activities targeting men (Rickwood*et al.* 2019). The NMHS also includes a national men's health education program, a national men's health research program, and the Australian Men's Health

Forum. The NMHS aims to increase awareness of men's health issues, reduce the impact of health inequalities, and ultimately, improve the health and well-being of all men in Australia.

PART B- Briefly analyze the fact how nurses are working with the community "Young males in Australia"

Strength-based approach is a type of intervention that focuses on helping people build on their existing strengths and resources, rather than focusing on deficits or problems. It is based on the belief that individuals are capable of making positive changes in their lives, and that those changes can be achieved through the identification and use of existing strengths and resources. This approach is often used in counselling, coaching, and other types of interventions, and emphasizes the importance of recognizing and building on the strengths, abilities, and assets that individuals already possess.

A strength-based approach helps create a safe and trusting environment where individuals feel respected and valued. This helps build a sense of security that allows individuals to feel comfortable and open up about their experiences and thoughts. Instead of dwelling on the negative aspects of an individual or situation, strength-based approaches focus on the positive and look for solutions (Milner, Shields& King,2019). This helps create a more positive outlook and encourages individuals to identify and build on their strengths. By focusing on strengths and solutions, strength-based approaches help individuals develop resilience and the ability to cope with difficult situations. This helps individuals build their capacity to handle challenging circumstances in a more positive and productive way. Strength-based approaches empower individuals by helping them identify and take ownership of their strengths.

This helps individuals to feel more in control and better able to take action to improve their lives and situations. Strength-based approaches to working with young males in Australia focus on building resilience and supporting young people to reach their potential (Elliott, 2019). This approach focuses on the strengths and capacities that young people possess, rather than focusing on their deficits or challenges. It is based on the belief that young people are the experts of their own lives, and that they have the power and potential to make positive changes in their lives.

There are some strategies for using a strength-based approach, first one is building a positive relationship with the young person. This can involve actively listening and showing respect for their views(Nikoloudakis*et al.* 2018). The second one is providing support and guidance. This can involve helping the young person identify their own strengths and providing strategies for problem-solving.

The next one is encouraging the young person to be self-reliant. This can involve teaching young people how to manage their time and resources effectively. The most efficient strategy is promoting healthy behaviours. This can involve helping the young person to develop healthy habits and promoting physical activity. Another strategy is supporting self-esteem and confidence. This can involve helping the young person to recognize and build on their unique qualities and abilities.

Nurses working in the young male community in Australia are responsible for providing healthcare services to young men in a variety of settings. Nurses may work in community health centres, hospitals, schools, or other settings to provide primary care, mental health services, and health education (Hudson*et al.* 2018). They may also provide support to young men in crisis and

provide referrals to appropriate services. Nurses may also provide advice on health topics such as nutrition, exercise and substance misuse. Furthermore, they may provide health promotion activities such as health screenings, support groups, and health education programs.

There is a range of partnership opportunities available for nurses to work with the young male community in Australia. This includes partnering with organizations such as the Fathering Project, which provides educational and support programs to fathers and father figures of children aged 6-17. Nurses can also partner with local schools to provide health promotion and health education programs targeted at young males(Nikoloudakis*et al.* 2018). In addition, nurses could also partner with sports clubs and leisure centres to provide health and well-being advice and support to young males. Finally, nurses could also partner with youth-focused organizations to deliver health promotion activities and services tailored to young males.

Conclusion

Young males in Australia face a number of health issues, ranging from mental health to physical health and everything in between. Mental health issues such as depression, anxiety and substance use are on the rise, while physical health issues, such as obesity, cardiovascular disease, and diabetes, are also of concern. There is also an increasing prevalence of sexually transmitted infections among young males. The Australian government is taking steps to improve the health of young males by introducing initiatives such as the “National Male Health Policy” and the “National Male Health Strategy”. These initiatives aim to reduce the prevalence of health issues among young males and promote healthy lifestyles. The report briefly describes the health issues of young people in Australia along with the methods of how these issues will be

curable in the future. With these initiatives, it is expected that young males in Australia will have improved mental and physical health in the future.

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