

Nursing assignment

by Nursing Assignment Nursing Assignment

Submission date: 27-Dec-2022 12:32AM (UTC-0800)

Submission ID: 1986866154

File name: Introduction.docx (20.42K)

Word count: 2425

Character count: 13346

Introduction

Health is important because it is essential to living a long and happy life. Having good 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 expected at birth is 79.7 years, compared to 84.1 years for women. Men are also more likely to experience ¹ chronic diseases, such as cardiovascular disease, cancer, and “diabetes”. Men and boys ¹ are also more likely to engage in risky health behaviors, such as smoking, drinking excessive amounts of alcohol, and not participating in physical activity. These behaviors 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 physical health services, and advocating for gender equality(Shai, 2018). The impact of diversity on men's health in Australia is significant. Research indicates ³ 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 (Rodwell *et al.* 2018). 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 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.

Common causes of injury and poisoning among "young males" in Australia include motor vehicle accidents and poisoning. Motor vehicle accidents account for the highest number of deaths among males aged 15-24 and 25-34, followed by falls and poisoning. Other injuries and poisoning causes include burns, exposure to mechanical forces, exposure to electric current, and exposure to heat or cold. The effects of injury and poisoning can be devastating and long-lasting. Physical effects of injury and poisoning can include disfigurement, paralysis, organ damage, and chronic pain.

In order to reduce the number of deaths and injuries due to injury and poisoning among young males in Australia, it is important to focus on prevention. This can include public health campaigns to raise awareness of the risks associated with injury cases.

Young male health is of critical importance in Australia. It is a very critical issue to be overlooking 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 basically suffer health conditions in between comparison of 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 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 injuring and poisoning health issues are becoming increasingly common among young Australians. 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 a high-risk condition of the series purpose of developing, serious issues of physical health 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 behaviors 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). ⁵ This includes eating a balanced diet, exercising regularly, getting enough sleep, and limiting unhealthy behaviors such as smoking and excessive alcohol consumption.

Provide proper education about the purpose of men's health issues, such as the cancer of 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.

In Australia, the most common cause of injury in young males is unintentional injuries, such as falls, motor vehicle crashes, and sports injuries. A recent ² report from the Australian Institute of Health and Welfare (AIHW) found that in 2017–18, unintentional injuries accounted for 32% of injury-related hospitalizations of young males aged 0–24.

⁴ The most common type of unintentional injury among young males was falls (19%), followed by ⁴ “motor vehicle crashes” (13%) and sports injuries (11%). In 2017–18, falls accounted for the most injury-related hospitalizations of young males aged 0–26. “Motor vehicle crashes” were the second most common cause of hospitalization, followed by sports injuries.

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 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 health of young males in Australia is generally good. ⁶ “The Australian Institute of Health and Welfare” (AIHW) reports that the majority of young males aged 18-24 years old live a healthy lifestyle, with over half (54%) meeting the recommended level of physical activity (Rounsefellet *al.* 2020). The AIHW also found that the rate of alcohol consumption among those aged 18-24 years was lower than in any other age group.

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 (Rickwoodet *al.* 2019). The NMHS aims to increase awareness of men’s health issues, reduce the impact of health inequalities, and ultimately, improve the health condition of all men in Australia.

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

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. Moreover, the five priority issues that are needed to be taken for the issues include mental health, injuries, poisoning, transport accident and others (health.gov.au, 2022). There is also an increasing prevalence of sexually transmitted infections among young males.

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 (Brownbill, Miller & Braunack-Mayer, 2018).

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 males to identify and build on their strengths and to avoid the attempt of

poisoning. By focusing on strengths and solutions, strength-based approaches help individuals develop resilience and the ability to cope with difficult situations (McCaffery *et al.* 2020). 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 (Hall & Lynskey, 2020). 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. The nurses can provide guidance to the young male community to overcome the ways of injuries. Young males are often observed to be attempting dangerous stunts which later become challenge for them to the risk of injury or the risk of death. They can also train them to create an emergency action plan and even aware of different types of hazards (Nikoloudakis *et al.* 2018). Thus, the nurses can provide training related to the ways to avoid small injuries.

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 behaviors (Astell & Feng, 2019). This can involve helping the

young person to develop healthy habits and promote physical activity and to avoid attempting poisoning attempts. Another strategy is supporting self-esteem and confidence (Zbrojkiewicz, Vertullo & Grayson, 2018). 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 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 (Wiens *et al.* 2020). 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 hospitals (Crane *et al.* 2019). 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 centers 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.

However, there are some areas of concern. Injuring and poisoning health issues are a growing problem in Australia, with the AIHW finding that one in five males aged 18-24 years

had experienced a poorer health disorder in the past 12 months. This is higher than the rate for females in the same age group. In addition, there are some worrying health trends among young males in Australia, such as higher rates of smoking and drug use.

Conclusion

The Australian government is taking steps to improve the health of young males by introducing initiatives such as ⁷ 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 physical health in the future.

Nursing assignment

ORIGINALITY REPORT

4%

SIMILARITY INDEX

2%

INTERNET SOURCES

2%

PUBLICATIONS

1%

STUDENT PAPERS

PRIMARY SOURCES

1

Wiley, Andrea S.. "Medical Anthropology",
Oxford University Press

Publication

1%

2

cosmosmagazine.com

Internet Source

1%

3

Belinda A. Green, Yalda Latifi. "No One Smiles
at Me: The Double Displacement of Iranian
Migrant Men as Refugees Who Use Drugs in
Australia", Social Sciences, 2021

Publication

1%

4

Parminder Raina, Micheline Wong, Steven
Dukeshire, Andria Scanlan, Larry Chambers,
Joan Lindsay. "Beyond Mortality and
Hospitalization Data: Self-Reported Injuries
Among Canadian Seniors", Canadian Journal
on Aging / La Revue canadienne du
vieillissement, 2010

Publication

1%

5

Submitted to Head Royce High School

Student Paper

<1%

Submitted to University of South Australia

6

Student Paper

<1 %

7

Submitted to Edith Cowan University
Student Paper

<1 %

Exclude quotes Off
Exclude bibliography Off

Exclude matches Off

Nursing assignment

GRADEMARK REPORT

FINAL GRADE

/0

GENERAL COMMENTS

Instructor

PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6

PAGE 7

PAGE 8

PAGE 9