

# 26<sup>th</sup> WORLD NURSING EDUCATION CONFERENCE

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## Helping nursing students understand the power of health promotion across the lifespan

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**Background:** The poverty has vital implications in underdeveloped countries where resources are lacking or difficult to access. Frustration arises when projects, interventions, and provisions of care are discontinued. Projects that involve building infrastructure and education/training have been relatively successful even after project/interventions ceases. The purpose of this presentation is to describe a health promotion intervention project, developed by baccalaureate nursing students targeting women and children in the African country of Cameroon.

**Methodology:** A health care team of baccalaureate nursing students, nursing and history faculty, in partnership with a non-governmental organization (NGO) in Cameroon were employed in the health promotion intervention project. The group performed health assessments on children for the purpose of health surveillance and to address health concerns. Windshield surveys and interviews with key informants in the community were also undertaken.

**Results:** The project resulted in the completion of health assessments on n=157 children. Children were assessed for immunization history, use of mosquito nets, and nutrition. Approximately 81% of all children had received some vaccinations. Only 12% of those assessed had access to mosquito nets. Around 42% of the children reported eating three meals a day, 50% two meals a day, and 6% only one meal a day. When asked what the children had eaten for breakfast, most said either only bread (30%) or only rice (15%). Health education presentations were developed and implemented by the baccalaureate nursing students throughout 9 rural villages. The baccalaureate nursing students created instruction materials such as a malaria game, diarrhea doll, and menstruation bracelet. Additionally, the nursing students created a demonstration on how to clean a wound and distributed condoms. These activities generated participation of students in the primary, secondary, and lycee schools at the Littoral province of Cameroon.

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