

■ Levels of health care

- **Preventative** health care focuses on educating and equipping clients to reduce and control risk factors of disease. Examples include programs that promote immunization, stress management, and seat belt use.
- **Primary** health emphasizes health promotion, and includes prenatal and well-baby care, nutrition counseling, and disease control. This level of care is based on a sustained partnership between the client and the provider. Examples include office or clinic visits and scheduled school or work-centered screenings (Vision, hearing, obesity).
- **Secondary** health care includes the diagnosis and treatment of emergency, acute illness, or injury. Examples include care that is given in hospital settings (inpatient and emergency departments), diagnostic centers, or emergent care centers.
- **Tertiary** health care involves the provision of specialized highly technical care. Examples include oncology centers and burn centers.
- **Restorative** health care involves intermediate follow up care for restoring health. Examples include home health care, rehabilitation centers, and in-home respite care.

■ Nursing ethical principles

- 1. **Autonomy**
 - Ability of the client to make personal decisions, even when those decisions may not be in the clients own best interest.
- 2. **Beneficence**
 - Agreement that the care given is in the best interest of the client, taking positive actions to help others.
- 3. **Fidelity**
 - Agreement to **keep ones promise** to the client about care that was offered.
- 4. **Justice**
 - Fair treatment in matters related to physical and psychosocial care and use of resources.
- 5. **Nonmaleficence**
 - Avoidance of harm or pain as much as possible when giving treatments.
- 6. **Veracity**
 - It is the basis of the trust relationship established between a patient and a health care provider.

■ Ethical decision making in nursing

- 1. Ethical dilemmas are problems about which more than one choice can be made and the choice made is influenced by the values and beliefs of the decision makers. There are common in health care, and nurses must be prepared to apply ethical theory and decision making to ethical problems.
- 2. **A problem is an ethical dilemma if**
 - It cannot be solved by a review of scientific data.
 - It involves a conflict between two moral imperatives.
 - The answer will have a profound effect on the situation/client.

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Ensheng Dong



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