

**Assessment: PHC Nurse Role Essay**

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## Introduction

Healthcare systems are arrangements of networks that focus on preventing disease occurrence and promoting health. It involves different population groups. These systems are dependent on primary care as well as primary healthcare. These two types of care utilize different methods when providing care. Although these two terms seem to be similar, they have different roles when providing care. In this essay, the discussion involves the identification of the distinction between primary care and primary healthcare while examining the role of primary healthcare nurses, the discussion of the implementation of core principles of primary healthcare principles in practice, and the explanation of how a primary healthcare nurse would anticipate the health needs of a client group.

Primary care is the first point of contact in the healthcare system (Sundler et al., 2023). It helps people to have easy access to the healthcare professionals. This helps people in treating their disease and provides them with necessary care. This, primary care, is based on the requirements of the individual. It treats patients based on the kind of disease they have. It does not focus on the other factors that affect health. It is provided by healthcare professionals who act as general practitioners and nurse practitioners. Primary care focuses more on providing a cure for the disease. It does not provide help on how to prevent the disease. The role of the primary care nurse is to treat the patient. They are also known as general practice nurses. Their role is limited to providing care to the patient and treating their health issue (Lukewich et al., 2022). For example, if a patient is suffering from fever and visits the clinic, the patient is advised by the nurse to take fever medications on time, increase their water intake, and regularly assess their body temperature. Thus, their role is to provide care to the patients when they are suffering from health issues and educate them on how to manage them.

On the other hand, primary healthcare provides overall well-being (Allen et al., 2023). It also provides information on how to prevent a disease. As per the World Health Organization (WHO), primary healthcare does not focus only on treatment and care but also on other factors such as environmental, economic, and social factors that affect health (World Health Organization, 2025). Moreover, it provides easy access to healthcare services for all, irrespective of their background. The other name for primary healthcare nurses is community health nurses. These nurses work in the community. They help people to improve their overall well-being and inform them about different health preventive measures. These nurses make home visits and promote health campaigns in the community. The International Council of Nurses (ICN) explains that primary healthcare nurses promote disease prevention, health promotion, and easy healthcare access for all (International Council of Nurses, 2024). For example, they make visits to communities to make people aware of how to prevent fever. They educate them about the importance of maintaining hand hygiene and taking vaccinations on time and promote eating a nutritious diet with proper water intake. Thus, their role is to help them prevent disease and focus on improving quality of life.

A variety of approaches are required to put primary healthcare concepts into practice. These approaches include accessibility, collaboration, equity, empowerment, and prevention and health promotion. These approaches are actively used by primary healthcare nurses to improve the health outcomes of the patient.

A primary healthcare nurse helps to ensure that everyone gets easy access to healthcare facilities (Gizaw et al., 2022). It focuses on providing healthcare services to all without discriminating based on their background. They help people who are less privileged. Moreover, they arrange free screening programs and connect them with support groups. For example, people with poor and underprivileged backgrounds get help from the primary healthcare nurses as they conduct various educational programs and provide education on the management of different diseases. This helps people living in compromised situations to have easy access to healthcare facilities. Community collaboration is another principle that is utilized by primary healthcare nurses (Haldane et al., 2019). They help people in the community by educating them to make decisions about their own health. They help them make connections with the local support groups and conduct health education programs. They focus not only on improving health but also help to make improvements in their living standards. For example, they conduct educational programs in school in coordination with teachers and other social groups such that they get awareness about mental health, proper hand hygiene, and good eating habits. Primary healthcare nurses ensure equity by allowing fair access to healthcare services (Akhavan, 2015). They help to address social determinants of health, which cause a reduction in health inequalities in vulnerable populations. For example, these nurses promote remote access to healthcare services for those who cannot travel from remote areas. Primary healthcare nurses empower patients to become confident and gain knowledge on how to manage their health (Vainauskienė & Vaitkienė, 2021). They provide education and guidance on nutrition, diet, exercise, and medication adherence. This helps people to improve their quality of life and stay healthy. Primary healthcare nurses conduct regular monitoring through screening and educational programs and provide guidance on lifestyle modifications, which helps to prevent diseases and promote good health (Maijala et al., 2016).

Primary healthcare nurses focus on providing overall care and educating about the management of diseases. This is one of the important components of primary healthcare nursing. In order to predict the health needs of a specific client group, it is important for the primary healthcare nurse to understand the type of population group it is (Bottega & Palese, 2020). The specific population group's socioeconomic status, cultural background, demographic pattern, and lifestyle factors should be identified. Moreover, it will help to understand the type of health pattern and the occurrence of health issues among a specific population. The health needs of the population groups can be identified by performing analysis of the risk factors, community engagement collaboration, assessment of health among different population groups, and making use of preventive measures (Pazzaglia et al., 2023). One of the roles of a primary healthcare nurse is working as a community mental health nurse. These nurses provide education, support, and treatment to the patients in the community suffering from mental health issues. They treat patients in their homes, community centers, and

schools. Moreover, they ensure that patients receive care as per their requirements, they have community support, and the accessibility of the services at the time of need. Community mental health nurses work in accordance with primary healthcare principles. Since these nurses' work outside the hospital settings, they make care more accessible to people who are unable to access services due to social reasons. They visit their homes or local clinics and perform comprehensive mental health assessments (Carroll, 2019). They conduct their psychological assessments that evaluate their mood, behavior, risk factors for other diseases, and their living conditions. Once understanding their need, they perform ongoing care without needing to visit the hospital frequently. The community mental health nurse's other major role is prevention and health promotion. Community mental health nurses perform regular monitoring and early intervention methods (Ilgaz, 2022). They perform home visits or clinic visits to track if there is any improvement in the health of the patient or if they are already suffering from a health condition, such as anxiety, depression, or bipolar disorder. Based on that, these nurses organize educational programs that promote coping strategies and early intervention methods such as counselling and working together with family members to prevent further progression.

Community mental health nurses work in collaboration with social workers, psychiatrists, psychologists, researchers, and general practitioners along with the support of the community and family members (Reeves et al., 2017). These nurses identify the health needs with the use of data analysed by the researchers about the disease, their rate of occurrence, target age group, and other social factors such as living conditions and lifestyle (Tiase et al., 2022). Based on the report, they connect with the community groups, healthcare professionals, and other support groups to help address and treat the health condition. Moreover, a long-term recovery is achieved within the community setting. Thus, these nurses focus on providing person-centred care and improving the overall well-being of the patient.

### **Conclusion**

It can be clearly seen that primary healthcare is more focused on providing overall care to the patient. On the other hand, primary care is focused on providing treatment and management of a particular disease. Primary healthcare nurses perform important tasks such as addressing public health issues, educating communities, and coordinating interdisciplinary efforts for improved health outcomes. When providing overall care, it is important to include different factors and health patterns. Thus, the role of primary healthcare nurses is an important role in achieving a healthier society with the use of these effective health measures.

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