

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

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Robert Wood Johnson Foundation

Community Work Takes Many Talents

BY KATHEY AVERY RN, BSN, CN

What it Takes to Become a Community Health Nurse (Part 2).

Last month I shared the first in a series on community health work. Nursing is finally receiving respect as a profession, although many still do not know what nurses do, or what it takes to become a nurse.

Understanding what nurses do is especially important now that we are experiencing all types of nursing shortages. I think it is time to educate the public on our honored profession.

What Do Community Nurses Do?

First become a Registered Nurse. Classes to become a nurse will make you feel comfortable, I hope, and more importantly, help those not in the healthcare field understand what it takes to become a registered nurse.

Over the years I have come to realize most people have no idea what nurses do and the knowledge they process while caring for individuals or community. Below is a list of classes that have changed very little since I was in nursing school over 44 years ago to obtain a BS (Bachelor of Science degree) in Nursing.

- Biology; Nutrition; Human Anatomy
- Human Growth and Development Through the Lifespan
- Adult Health
- Child and Adolescent Health Nursing
- Chemistry; Pharmacology; Psychology
- Psychiatric Mental Health Nursing
- Microbiology; Pathophysiology
- Statistics in Health Care
- Nursing Informatics
- Leadership & Management in Nursing
- Epidemiology for Population-Based Care
- Communication; Public Health Nursing
- Research and Evidence-Based Practice
- Women's Health Nursing
- Health Care Ethics

- Health Assessment and Promotion
 - Human Physiology; Clinical Rotations
- Next you have to pass the NCLEX-RN to obtain a license.

Recently it was reported that ungraduated nursing students paid between \$10,000 and \$15,000 for fake nursing degrees and transcripts, which allowed them to qualify for the NCLEX exam. The scammers backdated fabricated nursing diplomas and transcripts to make them appear authentic. Backdated documents made it appear that students had attended the now-closed schools.

Community nurses provide medical services and advice to populations, often those who would otherwise not be able to afford these kinds of services. They work in a number of industries, like government or nonprofit, and serve populations on a range of specialties, like maternal care or communicable disease.

While community nurses can perform the same procedures as any nurse, they usually focus on prevention rather than treatment of conditions. They focus on helping community members practice positive health and wellness techniques and maintaining safe environments that are poised for optimal health.

Next, gain clinical experience as a nurse. At this step, you can start gaining practical experience in nursing. It's important to get a few years of hands-on experience with medical practices and procedures before going on to work as a community nurse.

Prevention is one of the founding principles of community health nursing. For individuals who may not have access to preventive or screening services through a physician or other healthcare provider, community health nurses can fill that role. They focus on vulnerable populations.

Kae Rivers Livsey PhD, MPH, RN, and Professor at WSU's College of Health and



Lashea entertaining children at Klondyke Apartments during our Community Block Party.

Correction: Last month a photo was incorrectly captioned as being Lashea Avery Graham. The photo was actually of Angelique Scott, our CHW supervisor and LPN.

Human Sciences School of Nursing stated, "There's no more effective team than a registered nurse and a community health worker. The registered nurse brings a patient centered holistic and comprehensive educational preparation, strong critical thinking and clinical reasoning skills, and the community health worker knows the community. Together, they can accomplish all kinds of things to improve health equity."

Stay tuned for part 3, which will focus on Community Health Workers and LPN's.

Sources: allnurses.com; [Indeed Career Guide](http://indeed.com); [Western Carolina University](http://westerncarolina.edu).

June is Prostate Cancer Awareness Month

What You Need to Know

Prostate cancer takes a greater toll on Black men than on men of other races. In the US, one in six Black men will get prostate cancer in their lifetime, compared to one in eight men overall. Black men are also more than twice as likely to die from the disease.

Causes

A prostate cell becomes cancerous due to a change in its gene. The exact cause for this change is unknown. The following are risk factors.

- Advanced age
- African Americans are at higher risk
- Family history
- Obesity

Symptoms & Reports

If you are experiencing new, severe, or persistent symptoms, contact a health care

provider. Early-stage prostate cancer may not cause any signs or symptoms.

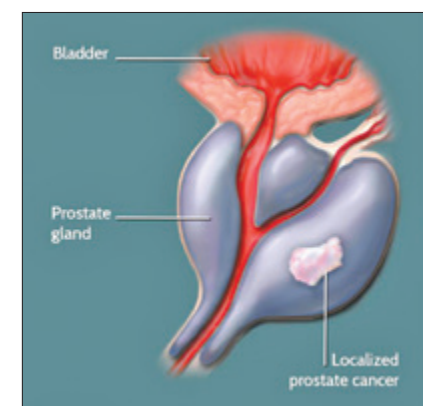
Symptoms commonly noted during the advanced stage include:

- Trouble urinating
- Frequent urination
- Decreased force of urination
- Difficulty starting or stopping urine stream
- Blood in semen
- Pain or discomfort in the pelvic area
- Bone Pain

Prevention

There are no definite measures to prevent prostate cancer. The risk can be reduced by following certain precautionary measures.

- Eat a healthy diet rich in fruits and vegetables



A cancerous prostate cell.

- Cut down on fatty foods
- Have a regular exercise regimen
- Remain physically active
- Maintain a recommended weight
- Avoid smoking and alcohol

Source: [Focus Medica](http://focusmedica.com).