

Nurses' Role in Females' Health

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Females' health is an important issue in family health. Females are the main pillars of the family. They have different roles as mothers, wives, leaders and decision makers and they have strong power in maintaining the health and wellbeing of their families and communities. Healthy families need healthy females (1).

Nursing continues to be a female dominant profession by the virtue of its caring framework and the ability of nurses to develop mutual trust with anyone they come in contact with. Nurses are role models for educating, motivating and empowering females to adapt a healthy lifestyle and prevent diseases, in which family dynamics improve through healthier nutrition, physical activities and overall a healthier society (2, 3).

There were numerous instances where nurses made extraordinary improvement in people's life. One example includes Mrs. X, a 21-year-old female who found out she was pregnant and experienced intense apprehension for not knowing what to expect and overwhelmed with advice coming from family and friends. On her way to the first obstetric (OB) appointment, she shared a taxi with an experienced nurse and they began a friendly conversation. The nurse answered many of her preliminary questions about pregnancy, fetal growth and morning sickness. Mrs. X learned about the benefits of physical activity during pregnancy to help with natural birth and breastfeeding. This reminds that nurses should capitalize on every opportunity to constantly inform and educate females regarding their health related choices for childbirth options, breastfeeding, infant care, contraception, etc. It is documented that the general public recognizes nurses as the most trusted professionals and people find it easier to share their health concerns with nurses in a heart-to-heart conversation. Hence, nurses can play a significant role to empower females and encourage them to discuss serious issues such as domestic violence, mental health, and marital discourse leading to family dysfunction. Nurses must capitalize on every opportunity to constantly inform and educate females regarding their health related factors for

child birth options, breast feeding, infant care, contraception or etc. Health care is early detection of prevalent diseases in females which can be achieved by screening tests such as mammography and Pap smear test which can reduce the severity of diseases or prevent fatal diseases (4-6).

Nurses can empower females to feel confident in taking care of their family and actively engage in the promotion of their own health and help them understand their health risks. Nurses are key members of any healthcare system with a crucial role to help females improve their health and ultimately their family health (6).

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