

Social Determinants of Health

Name

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### Social Determinants of Health

Learning about the social determinants of health has had a significant outcome in my nursing profession. The social forces and systems play a significant role in determining how nurses provide services. The knowledge on the economic, political, and social conditions that influence the health of individuals has impacted my nursing profession regarding the quality of services, patients' focus, and safety of nursing services.

The socio-economic status of individuals influences the nursing service I offer to patients. Social determinants of health are factors that people are born, grow, age, live, and work in that determine their physical, social, and emotional wellbeing (Bickley et al., 2020). Individuals living in low socio-economic areas are more likely to develop the health conditions resulting from environmental pollution such as cholera due to consumption of contaminated water (Bickley et al., 2020). As a result, such patients' nursing needs will differ from the services offered to the patients from prosperous socio-economic areas.

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The patient will receive nursing services to ensure that even if they are surrounded by contaminated water, they can protect themselves by boiling or treating the water. Racism is another social determinant of health. As a nurse, I will ensure that I provide patient-centered, safe, and high-quality nursing services to all patients. In most cases, patients from minority races face discrimination that deteriorates their health (Castrucci & Auerbach, 2019). Learning how race determines individuals' health will ensure that I provide equal health care services to all patients based on their needs.

The course played a significant role in helping apply nursing science to practice. The

AACN's essential domain of demonstrating the application of nursing science to practice is important in advancing the nursing education competency. The application of nursing science into practice is a process that involves different steps in assessing and caring for patients. The nursing steps include assessing, diagnosing, planning, intervening, and evaluating (Doe, 2021). The course on social determinants of health has increased my competence in applying all the steps involved in nursing.

This course has provided insights on how different issues that influence health need assessment before diagnosing. For instance, the social determinants of health help assess the factors influencing patients' wellbeing and diagnose them before planning the best intervention for their condition. The forces and systems influencing patients' health help nurses understand their medical history and provide the best interventions that meet their health needs (Bickley et al., 2020). If the intervention does not address patients' needs, the course enables clinicians to assess patients and provides them with the best intervention that solves their health needs even after evaluation.

The course impacted my NONPF competency in demonstrating the highest accountability level for professional practice. Like any other service-related profession, nursing requires nurses to demonstrate the highest level of accountability while providing services to patients (Castrucci & Auerbach, 2019). The course on social determinants of health has provided insight into how I should be accountable to my patients. I ensure that I carry out my roles as a nurse with diligence to meet patients' needs (Doe, 2021). For instance, I have been accountable in my nursing profession by being clear on my role and responsibility in providing nursing care.

As a result, this course has ensured that I hold other professionals accountable for their behavior. When another nurse does not provide high-quality nursing services to patients, I have a responsibility to ensure that they are accountable for their actions if anything happens to the patients. The course has helped in demonstrating accountability in my nursing profession.

## References

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