

## ADDITIONAL PREVENTIVE ACTIVITIES OF COMMUNITY NURSING

A team of registered nurses in community nursing provides additional preventive activities such as:

- Conducting preventive home health care of newborns, infants and neonatal mothers under the new programme
- Establishing contact with individuals who have not responded to the invitation to a preventive examination in the family medicine outpatient clinic, finding the cause of this non-responsiveness, and taking further measures according to the established cause
- Preparing Force Field Analysis
- Providing consulting services in local communities



## ENSURING EQUALITY IN HEALTH CARE FOR VULNERABLE GROUPS

In relation to vulnerable groups, there has been evidence of barriers to care for one's own health as well as barriers to access the health care system, including preventive programmes.

In order to include vulnerable people in preventive programmes, Health Care Centres perform various activities, for example:

- Escalated interventions for parents of children up to one year of age, for the areas of "Lactation and breastfeeding" and "Physical activities and handling"
- An open day for health at the locations of social sector partners and NGOs, carried out by the Health Promotion Centre's multidisciplinary team
- Additional preventive treatments in community nursing
- Self-assessment by the Health Care Centre regarding the provision of equity in health care for vulnerable groups by planning and implementing further measures
- Assessment of the suitability of facilities and communication measures of each individual Health Care Centre for individuals with physical and/or sensory impairment
- Ensuring the presence of an interpreter and/or intercultural mediator when conducting preventive treatments



## LOCAL GROUPS FOR HEALTH PROMOTION

Local Groups for Health Promotion, which operate based on the model of the community approach, have been established in the local communities of all 25 Health Care Centres. They usually consist of municipalities, health care and social care institutions, educational institutions, Project Learning for Young Adults (PUM/PUMO), Adult Education Centres, and various non-governmental organisations.

The community model approach enables:

- A response to the needs of the local population
- Overcoming perceived obstacles in a coordinated and integrated way and the development of modes of action that go beyond the classic institutional forms of action
- Better access to preventive services and treatments
- Development of support networks and groups for self-assistance

Partners in the Local Groups for Health Promotion set common goals, plan and implement measures in the area of prevention, health promotion and reduction of health inequalities.

DESIGN: **idearna.**



**KREPITEV  
ZDRAVJA**  
*za vse*

**HEALTH  
PROMOTION  
FOR ALL**

## Upgrade and Development of Preventive Programmes

and their Implementation in Primary Health Care and Local Communities

*The Project involves 25 Health Care Centres across Slovenia, of which 16 are from the cohesion region east Slovenia and 9 from the cohesion region west Slovenia.*

***The objective of the project is an upgrade of lifelong preventive treatment for the entire population, i.e. for children and adolescents, as well as for adults.***

## WHAT'S NEW?

The public health mission of Health Care Centres has been upgraded in order to achieve better health, health-related quality of life, reduce health inequalities in local communities, and plan health promotion activities resulting from the needs of the target population. This has been achieved by:

1. Establishment of Expert Groups within each of the 25 Health Care Centres for the purpose of implementing the integrated prevention of chronic diseases and reducing inequalities in health
2. Establishment and operation of integrated Health Promotion Centres
3. Upgrade of preventive health programmes for children and adolescents
4. Additional preventive activities by community nursing
5. Ensuring equality in health care for vulnerable groups
6. Establishment and operation of structures at the local community level, based on the model of a community-based approach to health promotion and the reduction of health inequalities in the local environment

## ESTABLISHMENT OF EXPERT GROUPS

Expert groups were established for the purpose of implementing the integrated prevention of chronic diseases and reducing health inequalities.

The following new structures have been established within Health Care Centres:

- Expert Working Group for Prevention
- Coordinative Group for Preventive Health Care for children and adolescents
- Preventive Group for School Age Children and Adolescents
- Coordinative Group for Adult Preventive Health Care

The purpose of the above Groups is to provide:

- Support with the implementation of preventive programmes in various target groups
- Continuous integration and cooperation between preventive health care providers and providers of health education programmes
- An emphasis on the importance of the public health mission of Health Care Centres

## INTEGRATED HEALTH PROMOTION CENTRE

The Integrated Health Promotion Centre is an independent organisational unit in the Health Care Centre and a key organisational structure at the primary level of health care to ensure the implementation of structured non-medical treatments and health promotion activities and to reduce health inequalities for residents of all population groups in the local community.

Health Promotion Centres offer the following programmes:

- Preparation for Childbirth and Parenthood
- Health Promotion Activities and Preventive Treatments for children, adolescents and parents, and Preventive Treatments for young adults in local communities
- Dental Education for children and adolescents
- Health Promotion Programme for the adult population
- Health Promotion Activities and Reduction of Health Inequalities for all population groups

## UPGRADE OF PREVENTIVE HEALTH PROGRAMMES FOR CHILDREN AND ADOLESCENTS

The purpose of implementing an upgrade in preventive health programmes for children and adolescents is:

- To ensure integrated treatment, early detection of risk factors for chronic diseases associated with inappropriate nutritional and physical habits
- Appropriate action including information and motivation for active health care

The above project activities are carried out in 25 Health Care Centres for Grade 3 and Grade 6 primary school pupils.

