



The Health promoting nurse must be pushed forward

Outlines:

- What is the position of health promotion in Norwegian nursing discourse?
 - The three competing roles in nursing
 - Methodology: discourse analysis
 - Possibilities for and obstacles to the health promoting nurse

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Forecast



World Health Organization

- **The international WHO concept of Health promotion is vague and ambiguous in Norwegian nursing**
- **Health promotion goes beyond a focus on individual lifestyle (health education).**
- **Health promotion is: empowering, participatory, holistic, intersectoral, equitable, sustainable and multi- strategy**

(Tones and Green 2004:308)





3 competing roles in nursing; based on different values

1. Treating nurse

Evidence based nursing

2. Caring nurse

Kari Martinsen (Philosophy of Caring)

Katie Eriksson (Theory of caritative caring)

3. Health promoting nurse

Aaron Antonovsky (sociologist) **Salutogenesis**: a focus on what makes people thrive instead of what makes people ill



Methodology

Discourse analysis – 5 steps

1. I clarified 3 roles/ideal types in nursing
2. I studied 3 of the national curricula plans for education of nurses valid in Norway the last 40 years: from 1967, 1987, 2007
3. I read core textbooks, policy documents and significant articles on the role of the nurse from this period
4. The aim of this study was to show how these three roles emerged through important texts with impact on education of nurses
5. How are these texts influencing Norwegian nursing of today?

”In order to be free, one needs to continually expose what remains alive of the past in the present and relegate it to the past. To be unaware of the past is to be trapped by it”

Michel Foucault (O'Farrell 2005:72)

”discourses are practices that systematically form the objects of which they speak”

Michel Foucault (1972:49)





Results

- Not surprisingly: The health promoting nurse is not clearly visible in the nursing discourse
- Health promotion is connected to nursing activities outside the institutions and hospitals (public health nurses)
- The gender / profession dimensions seem to play an important role: historically nursing has fought for recognition, independence and power - not intersectoral teamwork and empowered patients
- Term confusion: promotion of health has been a part of nursing vocabulary for a long time, long before the WHO concept from 1986 (The Ottawa charter)





Obstacles to the health promoting nurse

- The treating nurse dominates the nursing discourse
- Nursing is still fighting for independence and protecting its professional borders in the hospital setting
- Nursing prefers "own" nursing theories, skeptical to inter-professional cooperation/ theories from other academic fields
- New Public Management in health services – what happens when care is merchandised?





Possibilities for the health promoting nurse

- ◆ Clarify health promotion theory and practice in nursing education; *“The central question is not what is the domain of health promotion but is this being done in a health promotive way?”* (Macleod Clark and Maben 1998)
- ◆ Reveal the different values nursing is built on
- ◆ Form a bridge between the 3 different roles

“Health itself should be seen as a resource and essential prerequisite of human life and social development rather than the ultimate aim of life. It is not a fixed end-point, a “product” we can acquire, but rather something ever changing, always in the process of becoming (WHO 1991:3).

- ◆ Facilitate user – participation in the health services
- ◆ Encourage socio-ecological consciousness in nursing
- ◆ Stimulate self-criticism in nursing; *“A reflective practitioner is one who is capable of improving practice by asking difficult questions and being skeptical of practices taken for granted”* (Naidoo and Wills 2005:23)



Thank you - obbrigada

Any questions?

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