

H1N1 Nursing Proposal

Chelsea Youngman and Nicole Perretta

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Professor Dawn Zwick, MSN, CRNP

Kent State University - Stark

### **H1N1 Nursing Proposal**

Infants and children in childcare centers are at a high risk of contracting and spreading the H1N1 virus. Infants and children are exposed to their parents, teachers, siblings, and other family members. Their parents, teachers, siblings, and other family members are exposed to all types of sickness, including H1N1. Even if the other people that the infants and children are exposed to do not actually become sick, the children can still become sick because they have a very low immune system. Also, the infants and children are not only exposed to their parents, teachers, siblings, and other family members, they are exposed to other infants and children that are also exposed to the same types of people and sicknesses. The children all play with the same toys, using not only their hands but they chew and put their mouths on everything. Childcare center teachers cannot always pay attention to what goes on and they do not provide the proper sanitation at the time it is required the most. Therefore, the other children are touching and putting their mouths on the same toys, passing along the viruses.

Nurses can protect themselves in many different ways. The first way they can protect themselves is the same way everyone can protect themselves, by washing their hands. Hand washing is the best way to prevent yourself from becoming sick. Also, staying away from others when they are sick or the nurse themselves are sick is a good way to prevent contracting H1N1 (ANA, 2010). Nurses can also protect themselves and others by coughing or sneezing into the fold of their arm. Teaching others to do this also helps to protect yourself and others. If working in the healthcare setting, the nurse needs to require the patient wear a surgical mask before going within 6 feet of others (ANA, 2010). This helps to protect others waiting and the nurses and doctors.

"According to clinical trial data, the 2009 H1N1 vaccine is both safe and effective, and will be a key way to prevent widespread pandemic flu." (ANA, 2010). Nurses should vaccinate themselves first. Then, they should see that their families, co-employees, friends, and people they care for are also vaccinated. Being vaccinated helps prevent yourself from becoming sick and spreading it to others.

### References

- American Nurses Association. (2010). *What Nurses Can Do About H1N1*. Retrieved March 13, 2010, from <http://www.nursingworld.org/FunctionalMenuCategories/AboutANA.aspx>
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