

Nursing Care In the Prevention of Endemic Diseases

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Abstract: This research paper aimed to shed light on nursing care to prevent endemic diseases. Infectious diseases are a serious threat to the health of people around the world. The role of nursing care in preventing these diseases is demonstrated through awareness, care, and care outside and inside hospitals, and combating these epidemics. Nursing care is demonstrated through a review of nursing theories and methodology and the role and contributions of the nursing staff in achieving the prevention of endemic diseases.

Key words: Nursing Care - Prevention - Endemic Diseases.

Introduction: This study is considered one of the theoretical studies that is concerned with the importance of implementing the prevention of endemic diseases through the care of the nursing staff with advice and guidance, changing the quality of food and clothing, the family environment, work and residential area, and giving preventive and curative medications, in contrast to what happens in developing countries in which doctors care primarily about medicine in dealing with it. With patients, which has made them customers of medicines and has become a familiar habit for everyone because they get used to it from a young age(42).

On the one hand, developed countries strive to implement primary preventive nursing care programs to avoid the risks of endemic diseases, and this is what developing countries lack except in rare cases such as vaccines and pesticide spraying(16).

The research aims to the following:

- It is necessary to implement the prevention of endemic diseases through the nursing staff's care to raise awareness of the dangers of endemic diseases, and the necessity of the nursing staff to carry out awareness and health education campaigns because prevention is better than cure.

- Strengthening the relationship between the nursing staff and the patient and gaining his trust helps in speeding recovery.

- The researcher relied on the descriptive analytical approach in writing his research and reaching the required level through scientific sources and recent research issued by the World Health Organization, which represents a summary of the opinions of the organization's experts in international conferences concerned with the application of primary nursing care programs.

- The researchers also relied on data issued by these Regions regarding endemic diseases and mental illnesses are considered endemic because they accompany the patient throughout his life(80).

-The first topic: Define terms Nursing care:

The health system based on primary nursing care should be concerned with ensuring that care is easily provided to everyone and focus on specialized skills in this field that help in improving health, preventing the problem or first aid and what others call it, and treating problems that appear in emergency halls (some come, let us serve you)(33).

Primary nursing care is an essential part of the comprehensive economic and social development in society, and care means (it is basic nursing care that relies on scientific technological means that are socially acceptable and accessible to all families and segments of society and at costs that the country can provide at a stage of its development in the spirit of self-reliance and freedom of management) and care(39).

It includes eight basic elements: (1):

- Education on the prevention and control of endemic diseases.
- Promoting healthy nutrition.
- Adequate supply of clean water.
- Immunization against major infectious diseases.
- Appropriate treatment for endemic diseases and common infections.
- Providing essential medicines.
- Nursing is a profession in the health care sector that focuses on caring for individuals, families and communities so that they can achieve or seek to achieve and maintain optimal health and quality of life.
- Nurses can be distinguished from other health care providers such as health practitioners by their approach to patient care, training, and scope of their work.
- Nurses practice in many specialties and their authority and ability to give prescriptions varies. Female nurses make up the largest component of most healthcare environments.
- There is evidence of a shortage of qualified nurses worldwide.
- RNs collaborate with other health care providers such as doctors, nurse practitioners, physical therapists, and even psychologists(11).
- Unlike nurse practitioners, nurses typically cannot prescribe medications in the United States.
- Nurse practitioners are nurses who have a graduate degree in nursing. They practice independently in a variety of locations in the United States.
- Since the postwar period, nursing has undergone a process of diversification toward advanced and specialized credentials, and many regulations, requirements, and roles of nursing providers are changing. In addition to providing care and support, one of the goals of the nursing profession is to educate the public and promote health. Nursing history(55).



Figure (1)

Nursing homes: Nursing is work carried out to help an individual - sick or well - in carrying out activities that contribute to improving his health or restoring his health in the event of illness or “dying in peace and safety” (World Health Organization). Nursing is a science and an art, and it cares about the individual as a whole - body, mind, and spirit - and works to advance and preserve the individual spiritually, mentally, and physically and help him recover when he is sick. Caring for the sick individual extends to his family and society, and this includes taking care of his environment and providing health education through guidance and good example (International Health Association Bulletin). Nursing is a direct service that aims to meet the needs of the individual, family, and society in health and illness (American Nursing Association)(49).

- There are many definitions of nursing, but they all agree that nursing is the sum of services given to individuals and their families for the purpose of helping them maintain their natural condition or helping them relieve their physical and psychological pain(13).
- Nursing services may also have the purpose of preventing disease or assisting in diagnosis, treatment and prevention of disease.
- Complications occur. Nursing is considered services to help the individual, whether sick or healthy, to carry out his daily requirements as independently as possible, and it requires the power of observation to determine the individual’s needs. In order for a nurse to do his job well, he needs a foundation of medical and social sciences to help him deal with individuals or the disabled, just as he deals with newborns, children, young people, and the elderly(81).

Therefore, when preparing nursing staff, attention must be given to the requirements and duties of the health services available in the country, and focus on preparing Nurses in nursing institutes and schools must:

- Maintaining health and promoting it to its highest levels.
- Protecting the individual and the family from disease, including the mother and the child.
- Caring for the sick and disabled and qualifying them to live with their disabilities and caring for the elderly.
- Nursing in Islam: Rufaida bint Kaab Al-Aslamia is considered the first nurse in the era of Islam.
- It used to bandage the injured and wounded in wars in which Muslims were a party.
- Rufaydah had a tent to treat the wounded, and when Saad bin Muadh was injured by an arrow in the Battle of the Trench, the Prophet, peace and blessings of God be upon him, said, "Put him in Rufaydah's tent in the mosque until I return him(62).
- " In appreciation of her efforts in the Battle of Khaybar in treating the wounded and serving the Muslims, he contributed an arrow to her as a fighting man.
- The name of Al-Rabi' bint Mu'adh also emerged, who volunteered to water the army, treat the wounded, and return the dead to Medina, and also Hamna bint Jahsh, who volunteered in the Battle of Uhud, giving water to the thirsty and treating the wounded. And also Umm Sinan Al-Aslamiya, who volunteered in the Battle of Khaybar to treat the warriors(8).
- The Prophet Muhammad, peace and blessings of God be upon him, used to confront these voluntary works carried out by women with thanks and praise.

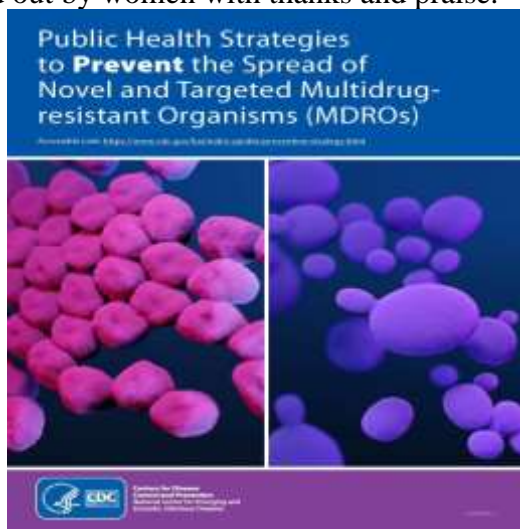


Figure (2)

Nursing Theories: Most nursing theories emerged in the mid-twentieth century influenced by theoretical developments in the human sciences, especially psychology, education, and sociology. Nursing theories focus on four axes: the individual, the environment, society, and nursing. Nursing theories differ in the way they interpret the relationship between the four axes and the experience and expertise of each theorist that he relies on in his theoretical proposal. Nursing theories are of great importance in the practice of the nursing profession. From these theories, the principles of practicing and applying the profession are derived(77).

Nursing theories also contribute to deriving experimental hypotheses for scientific research. It should be noted that nursing theories have contributed to developing philosophical frameworks for management in nursing, through which administrators extract their administrative visions.

These theories include, but are not limited to: the general system by Imogen King, adaptation by Celesta Roy, and the nursing process by Ada Orlando(14).

Nursing methodology: The Role and Functions of Nurses:

The scientific and technological progress that has occurred in the health field has led to the expansion and ramification of the nurse's role.

After the nurse's main role was the physical care of the patient and the implementation of the doctor's instructions and requirements, his role now includes the following:

- Comprehensive care for the individual during health and illness, as this care includes the physical, psychological, social and spiritual aspects(59).
- Educating the patient and his family and providing them with the necessary guidance to prevent endemic diseases and improve their health .
- Teaching other categories of nursing staff.
- Participate in developing a comprehensive and integrated plan for health care for the individual, family, and community(73).
- Participation in scientific research in health care.
- Coordination of health services.
- Managing nursing services and supervising nursing staff members.
- Developing the nursing staff through developing development curricula for workers and the method of providing the required care(84).

Nursing working conditions: Nursing work conditions include caring for the patient, his surrounding environment, his family, and psychological support through providing health care, which includes assessing his health condition, setting priorities for health care, giving intravenous solutions and medications, taking and monitoring the patient's vital signs, taking laboratory tests from blood samples, body fluids, and others, and recording them as a reference for what will be presented later. Of patient care(78).

Endemic Disease Nursing: He is the one who specializes in providing care for those infected with endemic diseases, and works to combat the spread of infectious diseases such as: hepatitis C and HIV, using thoughtful methods such as mechanisms for eliminating the air in the patient's room, dealing with the patient's equipment, washing hands, and continuous sterilization of the medical staff.

- Community health nursing.
- Cancer nursing. - Palliative care nursing.
- Internal and surgical nursing.
- Dialysis nursing(76).

The Second Axis: Endemic diseases:

Endemic diseases are described as epidemics that accompany humans during the stages of their lives as a result of the presence of disease vectors such as insects and rodents, but their spread depends on susceptibility to infection, environmental epidemiological factors, immune response, insect resistance, the use of biological control methods, environmental treatment, and increased community participation in their prevention, and requires finding new and improved tools.

To combat the six targeted diseases (3):

Malaria: The lack of health services, lack of community participation, increased exposure to malaria due to irrigation projects and other development projects, and the migration of the workforce from (infected) areas are obstacles that prevent the rapid expansion of the control of malaria, as the rate of its spread has increased in the Eastern Mediterranean region. In 1982, the number of confirmed cold cases reported was approximately (272,000) cases, which is a number that is significantly higher than the number of cases in 1981, which reached (156,000) cases (4).

- The ongoing research within the framework of the special program is close to discovering a new drug called (mefloquine) against the cold, which was produced thanks to the efforts of one of the largest pharmaceutical factories and the Walter Reed Institute for Military Research in Washington. The ongoing research is also close to finding vaccines against the cold(40).

- Filariasis / The drug (ivermectin) was discovered, which is a very useful drug as a filariasis miticide in one dose, but the emergence of this drug does not eliminate the need to continue searching for a filariasis compound that is effective against adult females of the parasite (*Onchocerca volvulus*)(19).

In Sudan, good control of the vector was achieved by spraying with the larvicide (Temephos), which led to the development of a simple and effective strategy to combat the highly endemic onchocerciasis in similar geographical locations(30).

In diagnosis, efforts are being intensified to develop a specific test for the immunodiagnosis of filariasis infection in humans, and new methods are being devised using probes. DNA to differentiate human parasitic larvae from related nematode species that infect humans. - Leishmaniasis (Baghdad pill)/ The report of the seventh program of the World Health Organization recorded the points listed below:

The DNA is being tested against cutaneous leishmaniasis in a limited clinical trial. The use of monoclonal antibodies and K-DNA probes that accurately distinguish the various types of *Leishmania* has led to the ease of identifying and studying the characteristics of the parasite and is being used to develop new diagnostic tests(10).

It was found that some types of lymphocytes can exacerbate leishmanial lesions in mice, and this result is closely related to ongoing research on new methods for developing a vaccine against leishmaniasis. (14) *Leishmania* strains were selected as reference strains for use by all laboratories working in the field of studying the characteristics of these parasites(66).

Schistosomiasis (schistosomiasis) A new method was chosen to filter urine inside a giraffe to quickly detect parasite eggs.

This method and other new diagnostic methods and the availability of drugs such as metrifonate, exaphenicine, and praziquantel make it possible to attack intestinal and urinary schistosomiasis.

In the research program for tropical diseases, there is a realistic and effective strategy to combat schistosomiasis(56).

Inhalants are based on: quantitative epidemiological assessment, chemotherapy, complementary extermination of molluscs, community education, and integration of control processes into nursing care systems. - Leprosy: The leprosy research program focuses on developing a vaccine against leprosy, improving chemotherapy, conducting immunodiagnostic tests, and standardizing antigens for use in epidemiological and immunopathological studies. Great success has been achieved in developing immunological tests to diagnose leprosy, and ten specific monoclonal antibodies (for *M. leprae*) have been characterized. These materials are now being used to develop new, highly specific diagnostic tests for leprosy(41).

A vaccine extracted from the armadillo may provide crucial information. About the effectiveness of immunization against leprosy. The new vaccines discovered using the recombinant DNA method are considered the best vaccines in the long term to combat leprosy. - African trypanosomiasis/sleeping sickness (African trypanosomiasis) leads to inevitable death unless the patient is treated with medications that kill the parasites and is treated with organic arsenic compounds, which are not always effective and carry the risk of severe or even fatal side effects. An alternative treatment for these compounds has been discovered. New (LD-A) difluoromethyl ornithine. In the first set of clinical trials, it was possible to cure (97) of (100) patients using this treatment. Progress was also made in diagnosis and control of the vector by studying traps equipped with attractive odors and impregnated with insecticides. It was proven that These traps are a successful way to reduce the density of sand flies (harmos)(37).

The Third Topic Nursing Care for People with Endemic Diseases:

Many patients who treat themselves with medications do not seek medical advice. In Sweden, approximately (39) million people annually visit primary nursing care centers, outpatient clinics, and hospitals, while pharmacies serve (60) million customers, and from these sixty millions receive (25) million on medicines under medical tickets, while (35) million people buy medicines sold without medical tickets(35).

The percentage of non-narcotic analgesics and antacids that the public in Sweden obtained without medical tickets was (40%) of the total amount consumed in 1985, and the corresponding percentage of laxatives was and cough medicines (30%). Thus, pharmacists contact numbers of patients far greater than those who visit primary nursing care centers (5).

Swedish pharmacists now work in close collaboration with doctors and other primary nursing care staff to achieve rational use of medicines and become important members of the care team through their knowledge of medicines and diseases and their ability to communicate with patients(22).

Pharmacists can usefully participate in the following (6):

- The work of treatment and medication committees related, for example, to selecting medications.
- Educate and disseminate information about medicines targeting prescribers, other care workers, social workers, patients, clients and the general public.
- Research and development, for example, studies on the use of medicines and investigations into the effects of medicines in different categories of patients(68).

The Role of Nursing Care in Achieving Prevention of Endemic Diseases:

Nursing staff from the outpatient care sector participate in the work of medication committees and form a bridge between inpatient and outpatient care, develop recommendations in light of local needs, monitor the use of medications, and the increasing importance of controlling drug costs(55).

Pharmacies can act as information collection centers and provide doctors with unrelated information. Commercial medicines and providing data on new medicines and medicines whose indications for use have changed(6).

They can also supplement the facts published by health authorities and make efforts to educate nurses and housewives so that they can help the elderly, recognize the side effects of medications, and seek the help of doctors or pharmacists when necessary(19).

Swedish legislation stipulates that patients should participate in planning their treatment so that they are aware of the benefits and risks of treatment, that pharmacists should supplement and enhance the information given to patients by doctors who prescribe medicines, and that pharmacists should issue brochures and a magazine (The Pharmacist) containing information about common diseases and methods of treating them, including advice on self-care and the effects of The medicine, how to take it, and the procedures to be taken in the event of side effects. In fact, educating patients about drug treatment requires them to have basic knowledge about medications(74).

Nearly half of children in Sweden aged 15-16 years receive educational information from pharmacists about medications and their role in treating diseases(3).

Electronic computers are being installed in all pharmacies. Swedish for dealing with prescriptions. The pharmacist's role here is to compile the data in a readable form, while doctors are responsible for interpretation(61).

Infections with important pathogens can no longer be treated successfully with the antibiotic of choice or, in the worst case, with any available antibiotic(7).

Giving a patient an antibiotic may lead to an increase in the growth of some other resistant germs that are already present in the body's bacterial flora (body flora) or that the patient acquired from another person during the course of treatment, and this (superinfection) may have serious consequences, especially in patients lying in bed. Hospital patients who have an increased susceptibility to infection with organisms that are likely to be pathogenic to healthy people, and the widespread spread of multi-antibiotic resistant strains of some aerobic Gram-negative bacilli (the most important of which are Enterobacteriaceae and Pseudomonas monocytogenes) among hospital patients is mainly the result of superinfection with intense exposure. And a variety of antibiotics(47).

The World Health Organization invited an international working group to meet in the period from (22-23 November 1981) to study the current situation of resistance to antibiotics by pathogenic bacteria and to develop the necessary recommendations to combat it(34).

The previous meetings that the organization held in Brussels for the period (9-12 December) The first, in 1975, examined the situation of resistance (intestinal bacteria and Gram-negative organisms to antibiotics) and made recommendations to limit the use of antibiotics in animal husbandry and veterinary medicine(1).

-Although these meetings approved taking the necessary measures to monitor the use of antibiotics in humans, they did not specify these measures(5).

- Measures in detail Therefore, the scientific working group decided to focus its attention on the use of antibiotics in human medicine, and after reviewing the current spread of antibiotic resistance, the group proceeded to (10):

- Defining the uses of antibiotics that may be considered incorrect.
- Providing guidance on the correct use of antibiotics.

- Proposing the necessary measures to improve the quality of antibiotic use. In the historical background of this resistance, in the 1950s hospitals witnessed the major impact of antibiotic resistance and the first multi-antibiotic resistant strains of staphylococcus. Immediately after that, Gram-negative aerobic bacilli, of all types, were a major cause of hospital-acquired suppurative infections(25).

This situation continued and got worse, at least with regard to Gram-stain infections, until now among the general public, there was a great deal of trouble, but a more serious situation emerged after 1960. When multi-antibiotic resistance became a common cause of the failure of diarrheal diseases in many countries (bacterial cysts), and a few years later, widespread epidemics of dysentery and typhoid fever appeared due to strains resistant to several antibiotics, including the antibiotics of choice in treatment, often identified by Genetically resistant to several antibiotics, not just one(35).

They are transmitted between Gram-negative organisms with varying properties and cause purulent infections, diarrhea, and intestinal diseases. The range of clinically significant resistance has expanded greatly to include, in particular, several organisms that cause infections in the population in general, and the recurrence of resistance to penicillin in Treating gonorrhea, flu, and cholera, and sometimes including incorrect use of antibiotics that may help the spread of resistant organisms:

- Giving antibiotics unnecessarily for longer than necessary.

- Choosing an antibiotic that the pathogen is unnecessarily resistant to. Most cases of misuse of antibiotics arise from failure to precisely determine the purposes for which the drug is given in terms of the infection to be treated or prevented, or arise from a lack of knowledge of the properties of the drug(18).

There are many factors that encourage the excessive use of antibiotics. In many countries, antibiotics are available in the markets without restrictions, and families who are unaware of their effects tend to overuse them because they are so eager to give them to the patient(27).

-The poor choice of antibiotics encourages the multiple names under which they are sold and the promotion of antibiotics. It is not suitable for a specific country and the presence of misleading advertising materials.

- The doctor may have to resist pressure from the patient or his family to give it unnecessarily, and his natural desire to help the patient may lead him to overuse it even when the disease has not been diagnosed(84).

- The task is made more difficult by the doctor's lack of laboratory support and other Diagnostic support as well as the physician's lack of up-to-date knowledge regarding the occurrence of resistance to a particular antibiotic in currently circulating pathogens(79).

- The reasons for the excessive use of antibiotics in hospitals can be explained as follows (12):

- An incorrect decision that the patient has a clinical infection, especially in the lungs or urinary system. - Do not request laboratory assistance or interpret laboratory reports incorrectly.

- Lack of knowledge of the most common bacterial causes of infection in certain parts of the body.

- Inadequate information regarding the susceptibility of current pathogens to antibiotics(64).

- Ignorance of the pharmaceutical properties of some antibiotics.

It is certain that the widespread preventive use of antibiotics has contributed greatly to the accumulation of resistant pathogenic organisms in hospitals, which has led to condemnation of this practice in general, especially from the bacteriological side(60).

However, there is now strong evidence that if antibiotics are used for prevention correctly, This greatly reduces the risk of infection after certain types of surgeries, especially abdominal and gynecological surgery.

This result can be achieved by treating with antibiotics for a very short period, ensuring a high concentration of the appropriate antibiotic in the infectious tissues at the time of the operation. Conversely, treatment for longer periods increases the risk of infection and the spread of resistant organisms(8).

There are two types of misuse of antibiotics for prevention purposes: (13):

- Begin giving doses 24 hours before the surgical operation, which reduces the effectiveness of the concentration in the tissues or gives an antibiotic that is ineffective against the germs causing the contamination prevalent at the surgical site(14).

- Prevention that cannot be justified because there is no evidence that it protects against infection. This applies to most (clean) surgical operations, except for operations performed in the heart or to replace a joint(19).

- Medical prevention often extends for a long period and creates serious difficulties related to resistant organisms.

- For antibiotics, the Scientific Working Group has proposed guidelines in this field. Recent surveys indicate that less than half of the dosage decisions used are consistent with these guidelines. Studies conducted in developed countries indicate the misuse

of antibiotics, especially tetracycline and chlorphenicol, in treating infections(22).

Minor infections in the respiratory system, fever, diarrhea attacks, and the urinary tract. The lack of information in many parts of the world about the sensitivity of pathogenic organisms to antibiotics is considered the direct reason for the failure of attempts made to combat resistance(43).

Such information is necessary on three levels: (14):

- Local level: - Develop a policy on the use of antibiotics in hospitals to treat individual patients.

- **National level:**

- To help governments develop a policy for importing and distributing antibiotics(11).

- **International level:**

- To encourage antibiotic producers to take responsibility for marketing and promoting their products.

The scientific working group has developed a comprehensive plan for international monitoring in order to develop human nursing care, raise the level of antibiotic susceptibility testing in the participating countries, and collect samples in each country periodically for strains of certain pathogens from infected patients.

A national center has been established in each country that is responsible for finding a standard method. To test sensitivity and monitor its implementation, and determine the local hospitals from which the strains are collected according to the plan.

The National Center collects and analyzes data from local laboratories and conducts studies on the spread and characteristics of resistance plasmids in coliform bacteria extracted from fecal samples from healthy people in different geographical areas.

Laboratories can contribute to improving awareness. He prescribed antibiotics for treatment. The spread of resistant germs in hospital patients is not only due to their intense exposure to antibiotics, but also to the many opportunities available for transferring organisms from one patient to another within the hospital.

This requires an effective program to combat hospital-acquired infections, as it is an effective and indispensable element in containing antibiotic resistance after taking health precautions to prevent infection.

Sanitary gaps that facilitated the spread of pathogens and isolation of people with severe infections may contribute to limiting the spread of pathogens(68).

The fourth topic: Contributions of nursing staff to the prevention and treatment of endemic diseases:

- The primary nursing care approach has expanded the concept of the health system to

include not only health facilities, but also the family because of its importance in relation to health.

- The first basic units of health are the individual and the family.
- There is an increasing emphasis on personal responsibility for promoting health, and one manifestation of this emphasis is interest in lifestyles.
- Health services in urban and industrial areas, as well as interest in promoting solutions prepared at home with which mothers can treat children's diarrhea on their own.
- In fact, there is a wealth of information that aims to increase individuals' ability to (self-care) (15).
- Women's health and their involvement in nursing care represent an essential element in all parts of the world because they face health challenges and problems during pregnancy and childbirth, as well as caring for their family members(34).
- In general, women combine the responsibility of raising children with the responsibility of working outside the home and doing daily household chores, with the pressures and fatigue that accompany them, which exposes them to The greatest harm directly affects women's health, their ability to care for their families, and their ability to influence male-centered traditions, beliefs, and policies(54).
- In addition to ignorance and malnutrition, which affect the health of her family, as well as her health being affected by the low level of women's education, this is a very important circumstance, and women's share of formal education is less than the share of men in Latin America, and they constitute (60-80%) of the total population (16):
- There is the participation of individuals in caring for their personal health, and this pattern is extremely important because it relates to lifestyles, human behavior, and therapeutic measures.
- The results of recent studies indicate that personal care supported by problem-oriented health education, which is called (directed personal care), has encouraging results(60).
- There is clear evidence that educating patients so that they understand their illnesses and what they can do to help themselves is an activity worthy of attention and care.

- There is no doubt that the educational efforts required to increase and maintain competence (self-care) are expensive, but nevertheless there is a saving of money if the patient takes care of himself directly(9).
- Simple and reasonable nursing care for himself. Any additional involvement in personal care represents an increase in the social responsibility of health professions, as it enables individuals to make better judgments about the efficiency and adequacy of health services, and these judgments may be desirable for the medical review system (17).
- Because nursing care aims to enable individuals, families, and communities to assume a degree of responsibility for their personal health, more than simply seeking medical care when sick, and this requires financial sums supported by the state to make people aware of their ability to work together to promote health and well-being(69).

Nursing care and hospital suitability (18):

- As an institution that dispenses medicines and provides treatment and is not concerned with health problems.
- As an institution concerned and directed towards addressing health problems, caring for individual cases, and providing support activities and referral services that require an increase in total health spending, the main factors for increasing spending have been identified as follows (19):
- Cost of medicines. - Logistical support for storing and distributing medicines. - Expanded vaccination to combat diseases (malaria and diarrhoea).
- Training nursing care workers. - Supervising nursing care workers.
- Develop training manuals for reference.
- Building clinics, dispensaries, etc.

From this we note the importance of the family in primary nursing care in terms of prevention, treatment and rehabilitation.

It is also considered the most important and smallest social institution that performs vital functions, the most important of which are: procreation and the continuation of the human race. Genetic characteristics are often transmitted from parents to children through chromosomes or genes that determine Genetic mutations are considered an important factor in diseases that affect 2-5% of the population in developed and

regional countries alike. People are surprisingly genetically different in their responses to the foods they eat, the drugs they take, and the germs and viruses they are exposed to. And other things that are really common, with the exception of identical twins(28).

It has never happened that a human being is identical to any other human being, and this variation is what made the human race so successful in inhabiting vastly different environments.

However, this diversity has its price, as some people cannot, as a result of their genetic composition, They stay alive. It is known that hereditary anemias, the most common of which are thalassemia (Mediterranean anemia) and sickle cell disease, affect tens of millions of people and lead to the death of up to 1% of children in many countries, and that there are hereditary cases(32).

Mental retardation, blindness, deafness, and mutism are considered important health problems. Malabsorption of glycated sugar (galactose), celiac disease, bean poisoning, and other harmful responses to specific foods undoubtedly have a genetic basis(55).

Equally important, there are other more common diseases, such as High blood pressure, diabetes, and schizophrenia have genetic factors, and some of these genetic disorders can be prevented or mitigated. Any program that seeks to achieve health for all but ignores the disorders and their genetic causes will face failure from the beginning(4).

Preventive nursing care to combat hereditary diseases are (21):

Initial Measures: These mean the measures taken to prevent the fertilization of a fetus with a genetic disorder and to inform carriers of the dangers to which their offspring are exposed (consanguineous marriage).

Secondary Measures: These are the measures taken after pregnancy occurs, including early diagnosis of the affected fetus or infant, and appropriate treatment to prevent disability.

A new mutation may appear spontaneously due to an error in the replication of nucleic acid (DNA), or it may occur due to exposure to some chemical or natural factors, especially ionizing radiation.

The main source of industrial radiation is diagnostic Ovarian or fertile) while diagnostic Caused by The environment does not exclude genetic diseases from this strategy(16).

For example, some staple foods contain elements that are highly toxic to a genetically sensitive minority of the population. Approximately (1%) of some

Caucasian (white) communities are sensitive to some glutes found in the cones, and approximately (10%) of Males from some Mediterranean and Asian populations are sensitive to a substance found in beans(45).

In these cases, prevention can be achieved by identifying the harmful substance and eliminating it from food using standard techniques inherited in the plant. Erucic acid is also excluded from rapeseed oil and solanine from potatoes using selective breeding(13).

Detecting fetuses with some genetic disorders has become practical thanks to accurate genetic diagnosis through direct puncture of the veins of the fetus or placenta. Within a few years, the majority of fetuses in richer countries can be examined with ultrasound, which has superior analytical capabilities, and by conducting various tests on the mothers' blood(7).

It is currently possible to use methods Modern, based on the analysis of desoxyribonucleic acid (DNA), detecting the disorder in highly specialized cells such as blood, eye, ear, or brain cells, in the cells of the amniotic fluid(79).

The diagnostic ability of these methods is limited only by the huge amount of genetic material that must be analyzed, which is about 3,000,000,000. A base pair for each gamete (reproductive cell) (22).

Modern medical studies indicate that the weakness of offspring and the incidence of disorders are due to genetic factors due to the spread of internal marriage between relatives, and this confirms the words of our Prophet Muhammad (may God bless him and grant him peace) in his noble hadith: (Marry those who are far away and do not marry those who are close relatives)(65).

. There are two dimensions in this hadith: -

- The health dimension: protecting the child from genetic disorders. The social dimension: Social relations expand and become more cohesive, and tribal disputes are easily resolved in external marriages, in addition to reducing quarrels between (aunt and daughter-in-law)(54).
- In addition to these preventive methods, developed and developing countries have adopted legislation in personal status that stipulates conducting a medical examination

- before marriage, where the clinical and laboratory examination is carried out for the husband and wife(26).
- To ensure their health safety and avoid infection with syphilis and infectious diseases, in order to preserve the birth of healthy children who will contribute to the service of society in the future and not become dependent on it, as is the case with children who suffer from genetic disorders or disabilities. Despite the importance of medical examination before marriage, some families do not perform it(56).
 - Because a religious contract is conducted by marriage offices or mosques and Husseiniyyas, and after a year has passed since the contract has passed, it is approved by the nearest Sharia court, which confirms the existence of a defect in the application of the law because children are the victims, and sometimes some doctors in their private clinics are lenient and provide the spouses with a medical report confirming their safety from communicable diseases(34).
 - And infection without a complete clinical examination and laboratory analyzes in exchange for the husband paying ten thousand dinars. This leniency by some doctors is considered a crime against children in the future, and this requires tightening the legal procedures for medical examination before marriage.
 - This task is humanitarian before it is material(3).
 - The family pays attention to the personal hygiene of its members, especially those of children's age, and this pattern protects them from many diseases.
- The family also works hard and strives for adequate housing that is characterized by ventilation, lighting, and cleanliness, which limits the growth and proliferation of epidemics and diseases, especially Koch bacilli, which find in darkness and humidity a fertile environment for their growth and the spread of tuberculosis among family members(17).
 - People today realize that the government cannot bear all the costs related to building housing for everyone who needs better housing, but it can provide (real estate loans) to whoever wishes from employees who have obtained plots of land from housing complexes or municipalities at reasonable prices. A report conducted by the World Health Organization indicates in At the end of 1985, 33% of the urban population and 64% of the rural population in developing countries except China do not have access to supplies of clean and sufficient water and drinking water, which is considered a major medium for transmitting diseases, especially typhoid fever, cholera, and hepatitis. Poliomyelitis, dysentery, amoebiasis, diseases caused by animals, and intestinal infections(58).
 - Many experts believe that providing adequate sanitation and clean, sufficient water is one of the most important steps that can be taken to improve health. Indiscriminate disposal of waste, chemicals, sewage, and mine waste may affect health. Factories pollute, exposing residential areas to other dangers (23). Soil contamination with feces facilitates human infection with the Ascaris worm, despite the use of improved toilets(68).
- This is what our Prophet Muhammad (may God's prayers and peace be upon him) confirmed in his hadith (Cleanliness is from faith), meaning it takes a religious dimension so that parents adhere to it and urge their children to wash and bathe, and so on(80).
 - Therefore, dirt accumulates on the skin, blocking the skin pores that regulate body temperature and becoming a fertile environment for the growth of bacteria, germs, viruses, and unpleasant odors resulting from bacterial rot.
 - The reason for this is due to the behavior of children by defecating outside the toilets. The Ascaris worm (*Ascaris lumbricoides*) is limited in its life cycle to humans, and it is very resistant to cold and heat, and its eggs survive for long periods in the environment.
 - It is one of the most widespread parasites in humans, and it is clear that there is an urgent need to put the solution to the behavioral problem of children at the forefront of health awareness and education efforts to reduce the phenomenon of the spread of the Ascaris worm and the health risks it raises (24).

- The family is concerned with raising children, monitoring and guiding them as they grow older, especially in adolescence, which is considered the critical stage in a person's life due to the changes in blood chemistry, stubbornness, and imitation of adults in terms of drinking alcohol, smoking, and inhaling cocaine until his body is saturated with volatile gases from quickly evaporating narcotic substances(70).
- The goal is Monitoring and guidance is to save the lives of children so that they do not fall prey to the hands of bad friends and rush towards the abyss, which facilitates their infection with psychological diseases, behavioral deviations, and crime, in addition to the practice of survival and homosexuality, which leads to the spread of syphilis and contagious infectious diseases, the most dangerous of which are AIDS and infection with the immunodeficiency virus(37).
- The first legislation regarding AIDS was issued in Sweden in 1983 and provided for compulsory reporting of all cases of this syndrome. In 1988, more than 60 countries had issued legislation regarding AIDS, and in the United States of America it was submitted to legislative bodies. More than (500) draft laws on issues related to AIDS, and about (100) draft laws were before Congress(44).

A concerted effort has been made by the World Health Organization to ensure that Member States have access to publications on the legal and ethical aspects of AIDS (25).

In many countries, blood, blood products, organs, tissues, sperm, and eggs from a donor can be examined without resorting to enacting legislation(12).

Information and educational campaigns can also be implemented without legal legislation, even if committees are established for national coordination or to develop specific policies.

The development of a vaccine against AIDS represents major ethical and legal problems, and attention is focused. Now on to the issues of testing candidate vaccines for use(38).

The emergence of increasingly sophisticated methods of testing for the virus and taking mandatory measures to trace carriers and isolate people with positive serotypes could increase. It appears that one country has decided to begin imposing compulsory testing on its entire population in order to compare

with previous public health strategies against syphilis, as there appears to be no sign on the horizon. (A magic bullet) capable of curing AIDS, which has begun to pose severe psychological and social pressures on patients that affect the loss of their familial, social, and economic responsibilities (26).

The family plays an essential role in alleviating the severity of symptoms resulting from chronic diseases through self-care for the afflicted, especially the elderly, because psychological and social methods help in providing the appropriate atmosphere for them and their feeling of comfort and reassurance.

They have a major impact on the psyche of patients, no less important than the effect of drugs, and the continuous effort Improving methods of diagnosis, prevention and treatment and achieving integrated prevention in primary nursing care institutions involves changing people's attitudes to the issue of maintaining health(13).

The family fights insects and rodents because they cause communicable diseases, colds, yellow fever, viral encephalitis, filariasis, diarrhea, dysentery, conjunctivitis, salmonellosis, epidemic typhus, relapsing fever, trench fever, and skin irritation (plague).Leptospirosis, Lassa fever, melioidosis, scabies(66).

There are two basic methods for controlling insects and rodents: (27):

Sanitation procedures:

- Cleanliness and keeping waste and rubbish in closed containers so that they can be disposed of, check barriers, metal or cotton mosquito nets, traps.

- Use of pesticides: Exercise extreme caution in using them and keep children away from them. The family also prepares activities that aim to ensure that food is safe, useful, and nutritious, which is an essential element in the nursing care system(18).

- Despite the fact that some serious diseases transmitted by food, such as: typhoid, Chobra, infections or toxins, Inxoscicotions (poisonings), salmonellosis, bacteriosis, and poisonings, Enterobacteriaceae, taeniasis, and trichinosis remain an important cause of morbidity and mortality (28).

Also, the time of food production and the time of eating are affected by many factors that may affect its safety, causing it to be left for a long period at a normal temperature. In the last forty years, international organizations have issued a large number of documents on food safety and have begun implementing many programs to address the problem of food contamination(56).

Despite the efforts made by these organizations, food-borne diseases are still on the rise in the world.

More importantly, it is not recognized that the solution to the problem requires coordination(8).

He expanded the number of skills to include economics, sociology, and anthropology, which is why the World Health Organization, in conjunction with the Food and Agriculture Organization of the United Nations, formed an expert committee to examine these topics as broadly as possible. Experts were examined in a broader field that included various branches of knowledge such as: food science, public health management, clinical medicine, veterinary public health, microbiology, behavioral sciences, economics, chemistry and agriculture(67).

The committee developed proposals and recommendations and established technical policies for treating food as an essential component of the nursing care system (29).

The World Health Organization's program to combat diarrheal diseases in children caused by foodborne pathogens estimated that in 1980, about one thousand million cases of acute diarrhea occurred in children under the age of five in Africa, Asia, and Latin America, and this resulted in the death of about fifty million children, or ten children every minute. The costs incurred by the Federal Republic of Germany due to salmonellosis in 1971 were estimated at (240) million German marks, which is equivalent to (100) million dollars. In the United States, the economic consequences of foodborne salmonellosis are estimated to be serious, as annual losses are estimated at (200-300) million dollars(6).

American (30). One of the important problems in developing countries is street vendors who sell various types of contaminated food, which is a problem that is difficult to control, and health authorities cannot easily stop it due to the economic advantages it provides to both the buyer and the seller.(19)

It is known to detect wrong practices during food processing and preparation to prevent outbreak of any foodborne disease and resort to risk analysis based on critical control points (31). Breastfeeding is the easiest and safest way to ensure birth spacing. Unfortunately, the practice of breastfeeding is declining in many places, which shows the need to use other methods of birth spacing, such as birth control pills, intrauterine devices, and isolation methods(53).

In Latin America, the rate of use of contraceptives has increased from (9%) to (52%) among women. The modern practices that are applied in hospitals in developed societies during childbirth, the mother lies on her back for the convenience of doctors to a greater extent, which is consistent with scientific data, in contrast to traditional practices that allow the mother to give birth in a squatting position, and it is still

common in many countries because it is easy and less dangerous for the mother. And Al-Walid (32).

One of the harmful practices that has crept into many countries is delaying the infant's first meal and separating him from his mother after birth. Conversely, placing the infant on his mother's chest immediately after birth helps the uterus contract and reduces her exposure to bleeding. Breast milk also contains protective substances and antibodies that protect the infant from germs present in his environment, and the infant's stay with his mother allows him to gain protection against germs present in the hospital environment(22).

There are other unsanitary practices that claim the lives of a million infants every year as a result of tetanus, which results directly from the method used in cutting and treating the umbilical cord, and by providing the traditional Dayans with a simple case containing a razor, two umbilical cord ties, two square pieces of gauze, and a piece of soap, with an emphasis on the necessity of cleanliness. Sepsis can reduce their incidence by up to 95%, and immunizing all women of reproductive age against tetanus would make it as rare a disease in developing countries as it is in developed countries (33).

This contributed to the establishment of expanded national programs for immunization in developing countries whose goal is to improve coverage in order to ensure that children are vaccinated, to ensure the quality of the vaccines used and to rely on conclusive evidence that confirms the effectiveness of vaccines(27).

This can only be achieved by creating a "cold chain" and there is a small card called a monitor chain.

The cooling system that is attached to the vaccine during its passage in the chain, and when the vaccine is exposed to a temperature exceeding ten degrees Celsius, the color of the card takes on a blue color, and the more the blue color advances to the right, the higher the temperature recorded in each link of the cold chain, and then the doctor decides whether to use the vaccine or not(57).

Surprisingly, most of the program workers did not resist the silent views, but rather welcomed them and decided to use them after introducing improvements and modifications to them in order to simplify them, reduce their price by half, and make them more sensitive in order to store vaccines in vaccination sites (34).

Where iodine deficiency in food is less than it should be, supplementary amounts must be given by

injection or orally. This procedure is especially important for women of childbearing age because iodine deficiency causes irreparable harm to the fetus, and this requires women to visit maternity and childhood centers on an ongoing basis in order to preserve their lives(46).

And the lives of their children, because iodine deficiency leads to swelling of the thyroid gland and increases the possibility of giving birth to a mentally and physically disabled child due to the low level of thyroxine in the blood. It seems more likely that low iodine in the blood in the fetal stage is the decisive factor, and here the role of awareness and health education on the necessity of using iodized salt is highlighted(51).

Even if it is more expensive, in order to completely prevent iodine deficiency and the endemic goiter it causes, it is no less important than bacterial and parasitic diseases because it has serious health consequences for the child, old age (mental and physical retardation), and childhood neurological disorders known as endemic goiter. In the case of blood pressure diseases, patients prefer to use iodized oil injections instead of iodized salt in case there are side effects of salt. In fact, large numbers of people suffer from iodine deficiency, about 400 million people, including in Asia, China, India, Indonesia, Africa, and America. The most common disease caused by iodine deficiency is swelling of the thyroid gland, which constitutes 50% of the adult population. Endemic measles comes next and spreads among children (35).

Nursing care for patients with endemic diseases: Chronic care management includes the monitoring and educational activities undertaken by health care professionals to help patients with chronic diseases and health conditions such as diabetes, high blood pressure, systemic lupus erythematosus, multiple sclerosis, and sleep apnea learn to understand their condition and how to live with it successfully(16).

This term is equivalent to management Diseases for chronic conditions The work includes motivating patients to continue with the necessary treatments and interventions and helping them achieve a sustained and reasonable quality of life(37).

Chronic care and medical system: Historically, there has been little coordination between different settings and providers of care for chronic diseases and their treatments. In addition, treatments for chronic diseases are often complex, making it difficult for patients to comply with treatment protocols(9).

Effective medical care typically requires longer visits to the doctor's office than is common in acute care. Furthermore, the intervention itself in chronic disease, whether medical or behavioral, may vary in effectiveness depending on when in the context of the disease the intervention itself is proposed. Fragmentation of care poses a risk to patients with chronic diseases because several chronic diseases often coexist, a phenomenon known as multimorbidity(36).

Necessary interventions may require input from many specialists who may not normally work together. To be effective, they require close and precise coordination. , research has shown that highly fragmented care for Medicare beneficiaries with multiple chronic diseases are more likely to be in emergency rooms and be admitted for treatment more often than others.(49)

As a result, patients with chronic conditions can have poor outcomes in the current acute care model of care delivery. Historically, cost reimbursement has been a challenge for care coordination services; Since Medicare recently began paying for services related to chronic care management, Medicare pays a monthly fee for patients who agree to be treated for at least 20 minutes of telehealth services(57).

Chronic personal care management: Patients with chronic diseases have an important role in the management of their conditions as they often manage treatments in daily life, and they also play an important role in monitoring their health and changes in health through Observations of Daily Living (ODLs)(68).

- The resulting information may be useful in both self-care and clinical care(36).

Importance: Some issues related to chronic disease are not specifically medical but involve patients' interactions with their families and workplaces.

- Interventions often require patients and families to make difficult lifestyle changes.

- Patients need to be educated about the importance of the benefits of treatment and the risks of not Follow the treatment regimen correctly; They must also be motivated to comply because treatment usually leads to improvement in the condition and not the results that most patients desire(65).

Treatment: Chronic care management helps patients systematically monitor their progress and coordinate with experts to identify and resolve any problem they encounter in their treatment.

- It appears from the above that primary care physicians care best for people with chronic illnesses.

- Given the diverse nature of chronic health problems and the roles that psychosocial

environments play in their course, a purely biological model of care is usually inadequate.

- The biopsychosocial model of care is the ideal alternative. History: Although acute care has characterized all types of medical care until recently, several types of managed care have emerged in the past decades in an attempt to improve care, reduce unnecessary use of services, and control rising costs.
- Despite the initial promise of care, Managed care has not achieved truly coordinated care and in its actual work appears to place more emphasis on its financial goals(61).
- Furthermore, managed care does not address the complexities of chronic conditions, and in order to reduce costs it tends to reduce rather than increase time with patients(6).

Models of Chronic Care: Researchers began developing models of care to evaluate and treat people with chronic diseases in the latter part of the twentieth century, often with nursing researchers such as S. Willard and C. S. Burkhardt and C. Baker and B. In Stern and A. Mother(7).

- Lubkin and B. Dr.. Larson On the front lines of actual care for patients with ongoing treatments for conditions such as diabetes or kidney failure, they reported that they went through a series of "stages" and that during some of these stages patients responded to the same interventions very differently. Individuals suffering from chronic diseases such as C. Register and S. Wells: Detailed reports on their experiences and recommendations on how to manage chronic conditions.
- Associations sprung up for those with specific conditions (Sjögren's Syndrome, Chronic Fatigue Syndrome, Peripheral Neuropathy, etc.) and these associations engaged in advocacy work and served as information clearinghouses as well as has begun to fund research(59).

Edward H. Wagner, MD, MPH, Director Emeritus of the McCall Institute for Healthcare Innovation, former Director of the Robert Wood Johnson Foundation National Program for Improving Chronic Disease Care, and Investigator Emeritus at the Kaiser Permanente Washington Health Research Institute in Seattle, Washington (The Collective Health Research Institute (formerly the Collective Health Research Institute) developed the Chronic Care Model, or CCM. The CCM summarizes the basic elements for

development to improve care in health systems at various levels(33).

These elements are community and health system support, self-management support, delivery system design, decision support, and information systems. Combined, the evidence-based change concepts under each component promote productive interactions between informed patients who take an active role in their care and caregivers with resources and expertise.

The chronic care model can be applied to a variety of chronic diseases, healthcare settings, and the bottom line is healthier patients, more satisfied providers, and cost savings(46).

Stanford Self-Management Program:

- A community-based self-management program that helps people with chronic illness gain confidence in their ability to manage their symptoms and control how their health problems affect their lives.
- The Partnership for Solutions and Creation conducts research to improve the care and quality of life for individuals with conditions. In investigating issues related to addiction treatment through the Johns Hopkins/Robert Wood Johnson Collaboration, Prokhaska and colleagues described a theoretical model of behavior change as a process rather than an event and advocated assessment and treatment based on the patient's stage in the process. Patricia Fennell, who works on experiences of imposed change (such as illness, grief, or trauma), developed what is called Fennell's four-stage model of chronic illness.
- Fennell said people typically experience four stages in which they learn to integrate their changed physical abilities or psychological outlook into their personality and lifestyle. The four stages are: crises, stability, integration, and solution.
- Investment banking firm White Mattas created the term Care Cycle Management, a chronic care business model that integrates interventional disease management with care delivery to manage the care of high-cost patients(50).
- The Flinders Human Behavior and Health Research Unit (based in Adelaide, South Australia) has developed the ProgramTM, a common set of tools and processes that will allow for the assessment of chronic condition management behaviours, joint identification of problems and setting of goals, leading to the development and development of individual care plans with the aim of increasing the

quality of care. Life for people with chronic illness (58).

- The Flinders Program has been adapted to specific contexts to meet the needs of Indigenous Australians and veterans.
- Chronic care models such as offering chronic disease management programs may be effective for patients with long-term chronic conditions, but for patients with asthma, a coordinated program involving multiple health care professionals can bring about improvements in areas such as patients' perception of quality of life, lung function and the severity of their asthma.
- A range of studies have shown that mindfulness-based pain management (MBPM) is beneficial for those with chronic pain(30).

Nursing staff program to care for people with chronic diseases:

- Our Chronic Disease Care Program is designed to help our patients live healthier with their chronic condition. With the support of a case manager and treating physician, patients are guided to a healthy lifestyle as well as helped to slow the progression of their condition. With compassion at the heart of everything we do, our nursing care experts are with you every step towards a healthier, happier life(55).

The three levels of prevention: The three levels of prevention are primary, secondary, and tertiary. In primary prevention, the disorder is prevented from occurring(18).

Types of primary prevention include: Vaccines Counseling to change high-risk behavior Sometimes chemoprophylaxis In secondary prevention, the disease is detected and treated early, often before symptoms appear, reducing serious consequences of the disease.

Types of secondary prevention include: Disease screening programmes, such as mammography to detect breast cancer, and dual X-ray absorptiometry (DXA) to detect osteoporosis. Tracking down the sexual partners of someone with an STI and, if necessary, treating these people to limit the spread of the disease. In tertiary prevention, chronic disease is usually treated to prevent complications or further damage(44).

Three types of prevention include: For those with diabetes: controlling blood sugar levels, taking excellent skin care, frequent foot examination, and

regular exercise to prevent cardiovascular disease. For people who have previously had a stroke: Take aspirin to prevent a second stroke. Providing supportive services to prevent worsening of the condition and improve quality of life, such as rehabilitation after injuries, heart attacks, or strokes(81).

Preventing complications in people with disabilities, such as preventing pressure ulcers in people who cannot move from bed. Why is treating chronic diseases important? Treating chronic diseases can be key to dealing with these conditions, as understanding and managing your condition is essential to avoiding medical complications and helping to regain a sense of control. Also, chronic disease care programs have been proven to help treat these diseases, slow the progression of these conditions, and prevent long-term medical conditions(57).

How does a structured chronic disease care program work? The Chronic Illness Nursing Care Program is free of charge for our patients. It consists of 11 sessions over one year. You will be assigned a dedicated case manager who will serve as your primary point of contact(39).

After the initial session, the case manager guides you to the healthy lifestyle that is appropriate for you and sets goals that will help you slow the progression of the condition, after which you receive monthly calls from your case manager. These structured calls can take anywhere from 5 to 20 minutes and will provide lifestyle coaching with small goals for good health(33).

It's also educational and a great opportunity to ask any questions you have.

Program overview: Program offers The special chronic disease care program consisted of: Medical treatment: This includes consultations with your treating physician and referrals to other specialties as appropriate. Your case manager will follow up on your appointments, schedule them with you, and send you reminders. You'll also receive a 30% discount on our home care services for labs, nurses, physical therapy and doctor visits. Tools: You will receive an easy-to-use application. Education and Support: Under the guidance of a dedicated case manager, you will receive monthly coaching calls, education and goal setting and educational materials that will give you deeper insight into your condition. Wellness Treatment: You will receive an optional discounted subscription to healthy eating programs, a personal trainer, gyms, yoga sessions, and a free session with a psychologist and nutritionist(17).

Table 1

List of pre-interview open-ended and targeted questions

Open-ended Questions	Targeted Questions
Please explain how you felt about these infectious patients before encountering them, and how do you feel now? Please explain what made you intent to care of infectious patients?	What concerns do you have in caring for infectious patients? What is your opinion regarding the care of these high-risk patients in terms of disease transmission? How is your inner belief about the intention to care?

Data analysis

To analyze the data, the deductive qualitative content analysis method of Elo and Kingas was used [19]. Also, in qualitative data analysis, MAX-QDA version 10 software was used to manage and organize data(6).

Program overview: Program offers: Our chronic disease care program consists of:

Medical treatment: This includes consultations with your treating physician and referrals to other specialties as appropriate. Your case manager will follow up on your appointments, schedule them with you, and send you reminders(48).

You'll also receive a 30% discount on our home care services for labs, nurses, physical therapy and doctor visits. Tools: You will receive an easy-to-use application.

Education and Support: Under the guidance of a dedicated case manager, you will receive monthly coaching calls, education and goal setting and educational materials that will give you deeper insight into your condition(13).

Wellness Treatment:

You will receive an optional discounted subscription to healthy eating programs, a personal trainer, gyms, yoga sessions, and a free session with a psychologist and nutritionist. Free: Patients enrolled in this program receive access to a session with a psychiatrist and home care services. Discounted: Patients enrolled in this program receive discounts on healthy meal subscriptions, healthy cooking classes, gym memberships, personal trainer, and home care services (30%)(56).

Our chronic disease care program is free for chronic disease patients registered with nursing care Our disease management program shares its goal with nursing care - treating patients well. This program empowers and enhances your quality of life by guiding you through a combination of lifestyle changes and medical treatment(44).

Table 2

Demographic characteristic of nurses

Variables	% (n)
Age	32.66 ± 4.77
Work Experience(years)	10.14 ± 4.81
Sex Male Female	23.8(5) 76.2(16)
Marital status Single Married	33.3(7) 66.7(14)
Occupation Unemployed Employed	52.4(11) 47.6(10)
Education BS MS	90.5(19) 9.5(2)

Table 3
Dimensions of nurses' intention to care for patients with infectious disease

Main Category	Generic Category	Subcategory
Job satisfaction	Belonging to the profession Accepting the nature of the job	Job satisfaction
		Belonging to the profession
		Accepting the nature of the job
		Job attachment
		Job Contentment
		Career Passion
		Awareness of the dangers of the disease
Professional	Professional commitment Professional	Acceptance of job Hazards
		Job compatibility
		responsibility Conscientiousness Sincere performance

ethics	values Understanding the patient's situation	Work conscience Love for humankind Sacrifice Being a supporter Sympathy Attention to the patient's needs Relieve the patient
Individual values	Spirituality Self-esteem	Attention to the prayer of the patient The importance of pleasing God Faith in God Feeling valuable To be effective Feeling good about the patient's recovery Enjoy care Increasing the level of knowledge and skills
Standard precautions	Occupational safety Preventive measures	The presence of personal protective equipment Sufficient equipment Standard physical structure Compliance with the principles of control and prevention Use of personal protective equipment Constant caution
Preserving health	Health anxiety Recognition of illness Prioritizing personal and family health physical and mental stress	Fear of contagion to the family Fear management in experienced nurses Lack of knowledge of the nature of the disease Unknown diagnosis Known diagnosis The importance of personal health The importance of family health The importance of the health of the vulnerable person in the family Special family circumstances Physical tension Mental stress Exhaustion

Support	Financial support Non-financial support	Wage increase Financial incentive Low-income level Family support Support of department colleagues Head nurse support Increasing the number of nurses Educational support Recruitment organization Media support
Attitude of patients and their families	behavioral reflection Patient and family satisfaction	Appropriate behavioral response of the patient Inappropriate behavioral response of the patient The behavioral reaction of the patient's family Understanding the patient from the nurse Patient Satisfaction Satisfaction of the patient's family

Job satisfaction:

Job satisfaction plays a very important role in a nurse's life, so that job performance, early retirement, job transfer, organizational commitment, as well as patient safety and satisfaction are affected by this concept [21]. The sensation that a person has about her or his employment in relation to prior experiences and present expectations is known as job satisfaction [22]. An important element in keeping nurses on staff and delivering high-quality care is job satisfaction [23]. Job satisfaction in nurses refers to belonging to the profession and accepting the nature of the job(27).

Endemic disease care program for diabetes treatment: The nursing staff's care for diabetic patients is demonstrated by providing home medical care services in accordance with the Endemic Diseases Care Program for the treatment of diabetes, high blood pressure, cholesterol treatment, and the obesity treatment program, through:

- Endemic disease care to help patients live healthier with their chronic condition. With the support of a case manager and treating physician, patients are guided to a healthy lifestyle as well as helped to slow the progression of their condition. With compassion at the heart of everything we do, our nursing care experts are with you every step towards a healthier, happier life.

Why is treating chronic diseases important? Treating chronic diseases can be key to dealing with these conditions, as understanding and managing your

condition is essential to avoiding medical complications and helping to regain a sense of control.

Also, chronic disease care programs have been proven to help treat these diseases, slow the progression of these conditions, and prevent long-term medical conditions(63).

Endemic disease care program works:

The nursing care program for caring for patients with chronic diseases is very important, and it consists of (11) sessions over one year.

You will be assigned a dedicated case manager who will serve as your primary point of contact. After the initial session, the case manager guides you to the healthy lifestyle that is appropriate for you and sets goals that will help you slow the progression of the condition, after which you receive monthly calls from your case manager.

These structured calls can last between 5 to 20 minutes and will provide lifestyle coaching with small goals for good health. It's also educational and a great opportunity to ask any questions you have(16).

Program Overview Program Offerings Our chronic disease care program consists of: Medical treatment: This includes consultations with your treating physician and referrals to other specialties as appropriate. Your case manager will follow up on your appointments, schedule them with you, and send you reminders(19).

You'll also receive a 30% discount on our home care services for labs, nurses, physical therapy and doctor visits. Tools: You will receive an easy-to-use application. Education and Support: Under the guidance of a dedicated case manager, you will receive monthly coaching calls, education and goal setting and educational materials that will give you deeper insight into your condition(82).

Wellness Treatment: You will receive an optional discounted subscription to healthy eating programs, a personal trainer, gyms, yoga sessions, and a free session with a psychologist and nutritionist(85).

Chronic disease/diabetes care program: The diabetes treatment program aims to reduce the level of glycated hemoglobin A1C in patients.

Through training, counseling, and lifestyle changes, your case manager will help you treat your diabetes effectively(67).

The contents of the program : The features included in the diabetes treatment program include:

Tools: You will receive an easy-to-use application
Lifestyle:

Lifestyle: Personal health coach, working on small goals, a plan prepared with your condition specialist,

discounts on healthy eating programs and gym memberships, and a personal gym trainer.

Medical: Assistance in booking appointments from your case manager, appointment reminders from your case manager, free home service, a 30% discount on future home services, as well as free consultation with a psychiatrist and nutritionist, and a customized care plan developed by your treating physician.

- Treating high blood pressure.

- Chronic disease care program/hypertension treatment .

- Chronic disease care program for diabetes treatment of high blood pressure, treatment of cholesterol, obesity treatment program. Prevention of infectious diseases: There is a wide range of germs, such as viruses, bacteria, parasites, and fungi, that can live inside and outside the human body. - Where these germs can be beneficial; Such as beneficial bacteria present in the digestive system that facilitate the digestion process, or they may be harmful and lead to serious diseases, such as AIDS or meningitis.

In fact, the occurrence of a bacterial infection, whether it is a beneficial or harmful bacterium, depends on many factors, the most important of which is the health and safety of the individual's immune system, in addition to the presence of other risk factors. In general, following basic protection principles contributes to avoiding infection and preventing the risk of contracting these diseases to a relatively large extent, as there are many ways to prevent these diseases(32).

Here are some examples of ways to prevent infectious diseases: Vaccination is one of the most important means of immunization against many germs, which reduces an individual's chances of contracting many diseases to a large extent.

Therefore, care must be taken to receive the latest recommended vaccinations for all individuals.

- Wash hands well with soap and water before or after performing the following tasks: before preparing or eating food, after using the bathroom, after coughing, sneezing, or blowing the nose, after visiting or caring for a sick person, after feeding and petting pets, or after performing any dirty tasks. .

- Cover the nose and mouth when sneezing or coughing with a tissue, or with the elbow of the hand if tissues are not available(11).

- Avoid direct touch with any paper or cloth tissues of unknown origin.

- Wash, sterilize, and bandage wounds. Serious wounds must be examined by a doctor, especially if they resulted from an animal bite or insect bite.

- Avoid sharing utensils and eating equipment with an infected person.

- Avoid direct contact or sharing personal items with an infected person, such as a toothbrush, shaving tools, or comb.

- Avoid drinking or swimming in contaminated water.

- Avoid eating food and drinking drinks brought by an infected person.

- Ventilate the house well.

- Sterilize surfaces, tables, and shelves periodically(9).

An individual can prevent infections resulting from foodborne germs by following the principles of safe food preparation, such as washing hands well before and after handling raw meat, washing all types of meat, fish, vegetables, and fruits with running water before cooking or eating them, and cooking foods well, especially meat.

- Practice healthy sex, by following methods of preventing sexually transmitted diseases.

A person suffering from an infectious disease must stay at home until the doctor decides otherwise.

When planning to travel to a country, an individual must first investigate the epidemiological situation, and this may require taking the necessary vaccinations before heading to countries where certain types of epidemics are widespread. Such as viral hepatitis A or B, yellow fever, typhoid, or cholera.

- Drink boiled or bottled water and follow nutritional prevention methods, as we mentioned before, when traveling to places infested with some diseases that are transmitted through contaminated food and drink, such as cholera, amoeba, or malaria.

- While traveling to affected areas, avoid going out during times when mosquitoes and flies are most active(84).

Methods of transmission:

After familiarizing yourself with the methods of preventing infectious diseases, it is necessary to mention the methods of transmission of infection, to help you understand how to avoid infection with these diseases, as the infection can be transmitted to humans through:

- Direct contact, kissing, sneezing or coughing of an infected person towards a healthy person.

- Infection through blood from the mother to her fetus during pregnancy, at birth, or during breastfeeding. - Sexual intercourse.

- Eating food and drinking water contaminated with the infection.

- Touching surfaces contaminated with dangerous germs.

- A healthy person is bitten or scratched by an infected animal.

- Insect bites that carry infection(73).

Risk factors that increase the likelihood of contracting infectious diseases:

All individuals are susceptible to infectious diseases, but there are those who are more susceptible to these diseases, including the following:

- People who have not received the necessary vaccinations.

- People with immune system disorders.

- Workers in the health sector.

- People with some types of cancer.

- People with AIDS and HIV.

- Use of immunosuppressive medications, such as cortisone, chemotherapy, and medications used after organ transplant operations.

- People who have medical devices implanted inside the body. - Travelers to affected countries(54).

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