

The DNP-prepared nurse and The Global Burden of Disease

The Doctor of Nursing Practice (DNP) field allows nurses to equip themselves with the advanced knowledge needed to provide effective healthcare for all patients. They are uniquely competent to bridge the gap between translation of research and the bedside. The DNP program focuses highly on practice that is advanced and evidenced-based reflecting the application of credible research findings (Trautman et. al, 2018). Nurses who obtain a DNP degree can work in an advanced practice leadership role that can help improve health outcomes across a variety of healthcare settings. It is imperative to understand that DNP prepared nurses have a unique set of skills that can have a major impact on the medical segment because of the contributions to clinical practice, health policy advocacy, implementation of scholarly research, and growth of nursing knowledge.

Characteristics of a DNP-prepared nurse:

- Practice nursing at the highest levels, incorporating and applying knowledge from science with the skills of administrative management, beliefs, health policy, and information technology.
- Demonstrate leadership skills in organizational and health systems management to improve safety and quality of healthcare.
- Develop skills in analyzing and shaping healthcare policies and procedures.
- Be a leader within interprofessional collaborative teams to improve the outcome of health.

When reviewing the Global Burden of Disease, I decided to view my home state, Alabama. The most prevalent health condition in the state is heart disease. Heart disease results from poor myocardial perfusion (Olvera et. al, 2023). According to Alabama Public Health (2023), “heart disease the most common form of cardiovascular disease, is Alabama's single leading cause of death.” I preferably chose heart disease out of any other health issue within the state of Alabama because there has been a dramatic deterioration in people’s lifestyle. Working as a local travel nurse within the state of Alabama has allowed me to see people’s health from all walks of life, and a lot of them suffer from heart condition. The failure to live a healthy lifestyle has led many people to being a victim of their own success. People must encourage themselves to diet and exercise. Patients who have accepted the challenge have an overall improvement with cardiovascular fitness and psychological health. Clinical presentation of heart disease can range from chest pain to neurological deficits (Olvera et. al, 2023). In some cases, people are asymptomatic. Of the many forms of heart disease, I chose to elaborate more on coronary artery disease. Coronary Artery Disease, the most common type of heart disease, can result in heart attacks, which can be highly preventable by modifying risk factors. Coronary Artery Disease involves atherosclerotic plaque formation in the vessel lumen (Shahjehan et. al, 2023). Focus is placed on modifiable risk factors such as: