

Topic 3 DQ 1

Assessment Description

Compare vulnerable populations. Describe an example of one of these groups in the United States or from another country. Explain why the population is designated as "vulnerable." Include the number of individuals belonging to this group and the specific challenges or issues involved. Discuss why these populations are unable to advocate for themselves, the ethical issues that must be considered when working with these groups, and how nursing advocacy would be beneficial.

Answer:

There are a number of groups in United States that are considered vulnerable populations, including racial and ethnic minorities, the economically disadvantaged, and those with chronic health conditions according to Joszt, L. (July 2018).

People with chronic diseases are at risk of poor health outcomes and generally, low-income individuals are more likely to have chronic illnesses with severe impact. People with low incomes are also disproportionately racial and ethnic minorities and being low-income, they may be less likely to have health coverage and seek may not seek healthcare regularly. Lower income population might also have behavioral health issues, such as depression or substance use problems, as well as chronic medical conditions like obesity or diabetes according to Joszt, L. (July 2018).

Since people experiencing homelessness may not have a safe place to stay, they are at an increased risk for adverse health-related outcomes. Americans living in rural areas often have worse health than the general population due to geographic isolation, lower socioeconomic status, limited job opportunities, and they tend to be older according to (Joszt, L., July 2018).

Children, who have developing organs, low immunity, spend more time outdoors, and breathe more air and drink more water per body weight than adults due to climate change are also a vulnerable populations. "Similarly, older adults are more vulnerable to health issues since they also have low immunity and often numerous medical conditions," (Joszt, L., July 2018).

The vulnerable population cannot advocate for themselves or for their health care needs because in the cases of uninsured and underinsured individuals, they may not seek medical help or preventive health care fearing the expenses. "Ethical dilemmas may arise related to patients' inability to pay for care or obtain medically necessary medications and a nurse may find himself in a moral dilemma when faced with patients seeking care that their insurance plan is sure to deny," Carlson, K., (January 2023).