



## 5. STRATEGIES AND APPROACHES ADOPTED BY COMMUNITY NURSES FROM THE REPUBLIC OF MOLDOVA IN PROMOTING A HEALTHY LIFESTYLE

**Author:** Chitoroagă Diana

**Scientific advisor:** Curocichin Ghenadie, MD, PhD, Associate Professor, Department of Family Medicine, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova

**Introduction.** Community nurses play a vital role in promoting the health and well-being of the population, particularly in adopting and maintaining a healthy lifestyle. In the Republic of Moldova, these medical professionals are actively engaged in educating and guiding communities toward the adoption of healthy practices and behaviors. However, there is an increased need to better understand the strategies that community nurses use to promote healthy lifestyles among their local populations. In this context, the present study aims to analyze and highlight these strategies and approaches, providing relevant and detailed information about the methods and tools used by these professionals to influence the health behaviors and practices of their communities.

**Aim of study.** Identification and evaluation of strategies, methods, and specific approaches used by community nurses in the Republic of Moldova to promote a healthy lifestyle among their communities.

**Methods and materials.** The research was conducted in 2022 and involved a sample of 27 community nurses. A closed-ended questionnaire was used for data collection, distributed both online and in person to ensure adequate representation of the geographic and age diversity of participants. It was distributed both electronically through online platforms and in physical form to ensure broad and diverse data coverage.

**Results.** The results reveal the distribution of participants according to the region: 18.5% of nurses from the northern region, 55.6% from the central region, and 25.9% from the southern region. Regarding age categories, 3.7% of nurses were in the 18-25 age group, 29.6% in the 26-45 age group, 55.6% in the 46-63 age group, and 11.1% were over 64 years old. The predominant activities for promoting a healthy lifestyle were the following: 100% mentioned educational programs about healthy eating and physical exercise, working with schools to promote a healthy lifestyle in children and adolescents, assistance to quit smoking and drinking alcohol and promoting personal and environmental hygiene. In addition, 77.8% mentioned encouraging relaxation techniques such as meditation and yoga, and 81.5% mentioned organizing adventure or sports trips for the community. Regarding the topics covered, all nurses, 100%, highlighted the importance of healthy eating and balanced nutrition, physical activity, and exercise for physical health, as well as managing stress and promoting mental well-being. However, only 3.7% mentioned giving up habits harmful to health, and no nurse mentioned the integration of alternative healing methods or complementary practices.

**Conclusion.** The study demonstrated a significant commitment of community nurses to health promotion. Their extensive efforts in education and promoting a healthy lifestyle in the communities are evident. However, there is an obvious need to pay more attention to giving up harmful habits and exploring alternative healing methods in their health promotion activities.