

Presenter: Jean Marie Nicole Cano

Session & Time: E-Poster

Room/Time: GUZ 113 & 114 / 3:30-4:30

Discipline: Nursing

Faculty Mentor: Olivia Catolico

Digital Portfolio URL:

Title: Protecting Tissue Integrity: Advancing Zero Hunger for Health Equity

Abstract:

The purpose of this poster is to highlight the importance of tissue integrity and its connection to the United Nations Sustainable Development Goal (SDG) 2: Zero Hunger. Tissue integrity refers to the health and intactness of the skin and underlying tissues that act as a protective barrier against infection, injury, and environmental stressors. Maintaining tissue integrity is essential for wound healing, infection prevention, and overall physiological stability. SDG 2: Zero Hunger focuses on ending hunger, achieving food security, improving nutrition, and promoting sustainable agriculture worldwide. Adequate nutrition and hydration are critical components in maintaining healthy skin, supporting immune function, and promoting tissue repair. Without reliable access to nutritious food and resources, individuals are more vulnerable to malnutrition, dehydration, delayed wound healing, and skin breakdown. Certain populations are at higher risk for impaired tissue integrity, including older adults, individuals with chronic

illnesses such as diabetes, low-income families with limited access to nutritious foods, and unhoused populations who may lack consistent access to hygiene and healthcare services. Environmental factors, including extreme heat and climate variability, can further increase the risk of dehydration, poor nutrition, and delayed wound healing. Nurses play a vital role in promoting patient safety and improving health outcomes through early assessment, education, and advocacy. Key recommendations for improving patient outcomes include screening patients for malnutrition and dehydration, promoting adequate intake of protein and essential nutrients such as vitamins A and C and zinc, and encouraging proper hydration. Early wound and skin care interventions, along with collaboration between nurses and dietitians to develop individualized nutrition plans, are also essential. Patient and family education should include recognizing signs of dehydration and heat-related illness and maintaining proper medication storage during extreme heat. Community actions such as supporting food security programs, community gardens, cooling centers, and increased access to primary care services can further improve health outcomes. By addressing food security and promoting nutrition education, nurses can help strengthen tissue integrity, enhance wound healing, and reduce health disparities in vulnerable populations.