

Presenter: Cherlou Lopez

Session & Time: E-Poster

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

Discipline: Nursing

Faculty Mentor: Olivia Catolico

Digital Portfolio URL:

Title: Ensuring Brain Health for All: Intracranial Regulation and the Promotion of Good Health and Well-Being

Abstract:

This poster examines the nursing concept of intracranial regulation and the important connection to the United Nations Sustainable Development Goal #3, ensuring healthy lives and promoting well-being for all ages. Intracranial regulation refers to the bodyâ€™s ability to maintain stable pressure within the skull by balancing the brain tissue, blood circulation and cerebrospinal fluid. Regulation is essential for maintaining adequate cerebral perfusion and oxygen delivery to the brain. When balance is disturbed, intracranial pressure might increase, resulting in decreasing brain perfusion, neurological deterioration, and potential life-threatening complications. Conditions like traumatic brain injuries, strokes, infections, tumors, and hemorrhage can impair intracranial regulation and have a significant impact on patient outcomes. Individuals at higher risk include trauma

victims, older adults, patients with neurological disorders and the individuals that live in communities with limited access to healthcare resources.

The correlation of SDG 3 and intracranial regulation strives to promote well-being and health to ensure the access of health services to all populations. Despite the improvements in the healthcare community, inequality persists as to who gets access to healthcare. Limited access to healthcare services has led to delayed diagnosis and inadequate emergency care. This worsens neurological conditions and can lead to risk of permanent disability or death. Various health-related challenges such as chronic illness and overall health system limitations impact communities from receiving proper neurological care in a timely manner. Considering that time is a crucial part in the diagnoses process, addressing these issues is critical to improving overall neurological health outcomes.

Nurses have a critical role promoting ICR by monitoring for mental status changes, having rapid intervention when deterioration occurs, and with early neurological assessments. Nurses can implement prevention strategies like awareness, patient education, improved access to healthcare, and injury prevention all help with reducing the risk of neurological complications. Advocating for equal healthcare accessibility, community education, and working to improve healthcare systems all support the goals of the United Nations Sustainable Development Goal #3. Healthcare professionals can reduce complications and promote health and well-being across populations by integrating their nursing knowledge with global health initiatives.