Health Promotion

Name:

Institution Affiliation:

Course:

Date:

**Natural History of Ebola**

Ebola Virus Disease was discovered in 1976 as a hemorrhagic fever in fatal outbreaks in Central Africa ("CDC," n. d.). The disease gets its name from the Ebola River in Zaire, where the first outbreak occurred. A scientist came to find out later after the outbreaks; two genetically distinct viruses cause Ebola Virus Disease; the *Zaire ebolavirus and Sudan ebolavirus*("CDC," n. d.)*.*However, recently, there have been identified viruses such as the *Bombali virus.*The spread of the disease can be through blood, body fluids, and tissues of animals. A sick or dead person who had Ebola can transmit the disease to others through fluid body contact. In addition, the Ebola virus gets into the person's body through mucous membranes or broken skin located in the eyes, nose, or mouth ("CDC," n. d.). Also, sexual contact with a person suffering from or recovering from EVD can transmit the disease.

**Presenting Symptoms of Ebola**

Presently, research has found out that Ebola Virus Disease symptoms are likely to appear two to twenty-one days after establishing contact with the causal viruses ("CDC," n. d.). On average, eight to ten days may also be a possible timeline for the appearance of the first symptoms. The following are some symptoms according to the CDC:

* Fever, fatigue, and Weakness
* Pains and aches including severe, abdominal, headache, joint, and muscle pain
* Gastrointestinal symptoms and unexplained hemorrhaging, bleeding or bruising.

**Outbreak Characteristics of Ebola**

World Health Organization reported cases of outbreaks of Ebola in southeastern Guinea on March 23, 2014 – this marked the beginning of the largest Ebola outbreak in West Africa in history ("CDC," n. d.). Over the period between 2014 and 2016, the Ebola outbreak was attributed to unparalleled circulation overpopulated urban areas and excessive mobilization across borders. As a result, by 2016, a total of 28616 cases of Ebola and 11,310 deaths in Guinea, Liberia, and Sierra Leone had been reported ("CDC," n. d.). It shows that Ebola attacks different cultures and nurses should be ready to attend to multicultural populations to avoid having barriers in the time of need. According to WHO, presently, there have been 130 cases reported in 2020, while in 2021, tabulation of cases is still ongoing ("WHO," n. d.). Therefore, it is evident that there has been a greatly reduced outbreak of Ebola currently.

**Epidemiological Application**

Multifactorial etiology is viewing multiple causal factors of a disease rather than a singular causal factor. With this, the natural history of a disease is its progression in an individual from its onset to resolution. The primary level of prevention consists of good health promotion, educating populations at risk, and protection from the disease. Another level is maintaining high health standards after contracting the disease hence trying to slow disease progression. The last level is managing the long-term effects of the disease.

Nurses can use the first level of prevention to identify risk factors of the disease and educate health clients on the risks and the community. Nurses can also inform a client on the appropriate course of treatment and aid in integrating complementary therapies that can help improve the health of a sick client. Nurses can also follow up on the client's participation in health promotion programs to control long-term effects.

Nurses should assess the health risks of clients based on family, population, or community characteristics. They can look at risk factors arising from age, gender, lifestyle, among others, as this aid in finding a proper course of risk-reduced treatment. Findings will be sought and the evidence will be used to inform on the effective health promotion and public health interventions (Stanhope & Lancaster, 2019). The nurses will then educate clients on actions that will aid in maintaining health and disease prevention.

**References**

“CDC” (n. d.). Ebola (Ebola Virus Disease). Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/vhf/ebola/>

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