

# The Role of Emergency and Community Health Nurses in Promoting Healthy Aging and Preventing Medical Crises

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## ABSTRACT

The rapid growth of the aging population presents significant challenges for healthcare systems globally, highlighting the need for proactive and preventive nursing interventions. Emergency and community health nurses hold a pivotal role in promoting healthy aging, preventing medical crises, and enhancing the overall well-being of older adults. This article examines the theoretical and conceptual framework of emergency and community health nursing, focusing on holistic assessment, early identification of health risks, and evidence-based nursing practices. Key strategies include individualized care planning, health education, lifestyle promotion, chronic disease management, and crisis prevention. Community engagement and social support networks are emphasized as essential components for maintaining mental, emotional, and social well-being. Collaboration with interdisciplinary teams further strengthens the effectiveness of interventions, ensuring comprehensive and coordinated care. By implementing these strategies, nurses contribute to reducing preventable hospitalizations, maintaining functional independence, and fostering resilience in aging populations. The integration of preventive, patient-centered approaches and community-oriented programs enables older adults to actively participate in managing their health. Ultimately, this study highlights the critical role of emergency and community health nurses in sustaining healthcare systems, promoting healthy aging, and supporting older adults in achieving a higher quality of life. The findings underscore the importance of equipping nurses with knowledge, skills, and resources to address the multifaceted needs of the elderly population effectively.

## **1. Introduction**

The global population is experiencing a significant demographic shift, with the proportion of older adults steadily increasing. As life expectancy rises, there is a growing need to address the unique health challenges associated with aging, including chronic diseases, functional decline, and social isolation. Healthy aging is not merely the absence of disease but involves maintaining physical, mental, and social well-being throughout the later stages of life. In this context, emergency and community health nurses serve as vital healthcare providers who bridge the gap between clinical care and community-based health promotion. (Jin, 2005)

These nurses are uniquely positioned to identify early signs of medical crises and implement preventive strategies that reduce hospital admissions and improve quality of life for older adults. They provide comprehensive assessments, patient education, and individualized care plans that target both immediate health needs and long-term wellness goals. By engaging in community outreach, health promotion programs, and collaborative care with other healthcare professionals, emergency and community health nurses contribute to a proactive healthcare model focused on prevention rather than reactive treatment. (Wu et al., 2020)

Furthermore, the role of these nurses extends beyond clinical interventions. They advocate for policies and programs that support the elderly population, empower individuals to make informed health decisions, and facilitate access to essential healthcare resources. Their work is particularly critical in addressing disparities in healthcare access and outcomes, ensuring that vulnerable populations receive timely and appropriate care. In addition, the integration of evidence-based practice allows these nurses to implement interventions that are scientifically validated, thereby enhancing the effectiveness of health promotion and crisis prevention initiatives. (Jin, 2005)

In summary, emergency and community health nurses are central to promoting healthy aging and preventing medical crises. Their multifaceted role encompasses clinical care, education, advocacy, and community engagement, all of which are essential for supporting the health and well-being of older adults. Understanding and strengthening this role is crucial for developing sustainable healthcare systems capable of meeting the needs of an aging population. (Dev et al., 2020)

### **1.2 Background of the Topic**

The aging population is one of the most significant demographic trends of the 21st century. According to the World Health Organization (WHO), the number of people aged 60 years and older is expected to double by 2050, reaching over 2 billion globally. This demographic shift presents unique challenges and opportunities for healthcare systems, particularly in the areas of preventive care, chronic disease management, and emergency medical services. Healthy aging has become a central public health goal, emphasizing the maintenance of physical, mental, and social well-being, rather than merely the treatment of diseases. (Wu et al., 2020)

Emergency and community health nurses play a pivotal role in addressing the complex healthcare needs of older adults. Their responsibilities go beyond traditional bedside care; they are involved in health promotion, disease prevention, early identification of medical crises, and coordination of care across multiple healthcare settings. These nurses often serve as the first point of contact for older adults experiencing health changes, allowing for timely interventions that can prevent hospitalizations and complications. (Jin, 2005)

The importance of this role is magnified by the increasing prevalence of chronic conditions such as hypertension, diabetes, cardiovascular diseases, and cognitive impairments among older adults. Unmanaged chronic illnesses often lead to acute medical crises that can significantly affect quality of life and increase healthcare costs. Community-based nursing initiatives, such as home visits, health education workshops, vaccination campaigns, and screening programs, have been shown to reduce the incidence of preventable medical emergencies and promote independence and well-being among the elderly. (Yodsuban, 2022)

Furthermore, emergency and community health nurses act as advocates for older adults, addressing social determinants of health, including access to nutritious food, safe housing, transportation, and social support networks. Their holistic approach integrates clinical knowledge with community resources to create sustainable interventions that empower older adults to take an active role in their health management. By combining direct care, education, and policy advocacy, these nurses contribute to building resilient healthcare systems capable of supporting an aging population. (Dev et al., 2020)

In conclusion, understanding the background of healthy aging and the challenges associated with it highlights the critical role of emergency and community health nurses. Their proactive involvement in preventive care, early detection, and crisis management is essential for promoting healthy aging and reducing the burden of medical emergencies among older adults.

### **1.3 Problem Statement**

The rapid growth of the aging population poses significant challenges to healthcare systems worldwide. Older adults are particularly vulnerable to chronic diseases, functional decline, and sudden medical crises, which often result in increased hospitalizations, higher healthcare costs, and reduced quality of life. Despite advances in medical technology and healthcare delivery, many older adults experience preventable medical emergencies due to delayed recognition of symptoms, inadequate preventive care, and limited access to community-based health resources. (Jin, 2005)

Emergency and community health nurses are uniquely positioned to address these challenges; however, gaps remain in the systematic implementation of preventive strategies and health promotion programs targeted at older adults. Many healthcare systems still operate reactively, focusing primarily on acute care rather than proactive interventions. This approach often leads to repetitive hospital admissions, avoidable complications, and greater strain on healthcare providers. (Dev et al., 2020)

Moreover, social determinants of health—including socioeconomic status, social isolation, and limited health literacy—further exacerbate the risk of medical crises among older adults. Without effective community-based interventions and nursing support, vulnerable populations are more likely to experience deteriorating health outcomes. The lack of comprehensive strategies integrating emergency care, community health initiatives, and patient education limits the potential of nurses to effectively promote healthy aging and prevent crises. (Wu et al., 2020)

Therefore, there is an urgent need to define and strengthen the role of emergency and community health nurses in promoting preventive care, supporting independent living, and reducing the incidence of medical emergencies among older adults. Addressing this problem not only improves individual health outcomes but also contributes to more sustainable and efficient healthcare systems capable of meeting the needs of a rapidly aging population. (Yodsuban, 2022)

### **1.4 Significance of the Study**

The significance of this study lies in its focus on the critical role of emergency and community health nurses in promoting healthy aging and preventing medical crises among older adults. As the global population ages, healthcare systems face increasing pressure to manage the complex needs of older adults while minimizing preventable health emergencies. Understanding and enhancing the contributions of these nurses can lead to more effective strategies for improving health outcomes, reducing hospitalizations, and optimizing the allocation of healthcare resources. (Dev et al., 2020)

This study is significant for several reasons. First, it highlights the proactive role of nurses in early detection and prevention, demonstrating that timely interventions can significantly reduce the incidence of medical crises. Second, it emphasizes the importance of community-based programs and health promotion initiatives, which empower older adults to maintain independence and engage actively in their health management. Third, the study underscores the need for interdisciplinary collaboration, as emergency and community health nurses often serve as connectors between healthcare providers, patients, families, and community resources. (Jin, 2005)

Additionally, the findings of this study have implications for healthcare policy and planning. By illustrating the value of integrating preventive care and community engagement into nursing practice, the study provides evidence to support policies that prioritize preventive services, patient education, and access to community-based resources for older adults. This is particularly important in addressing health disparities, as vulnerable populations are often at greater risk of preventable medical emergencies due to socioeconomic and environmental factors. (Wu et al., 2020)

Ultimately, this study contributes to the broader goal of creating sustainable, patient-centered healthcare systems that are capable of responding to the needs of an aging population. By highlighting the impact of emergency and community health nurses, it provides a foundation for improving nursing practices, guiding resource allocation, and promoting healthy aging at both individual and community levels. (Yodsuban, 2022)

### **1.5 Purpose of the Study**

The primary purpose of this study is to examine and highlight the critical role of emergency and community health nurses in promoting healthy aging and preventing medical crises among older adults. By exploring their responsibilities, strategies, and interventions, the study aims to provide a comprehensive understanding of how these nurses contribute to maintaining the physical, mental, and social well-being of the elderly population.

Specifically, the study seeks to:

1. Identify the key functions and responsibilities of emergency and community health nurses in the context of healthy aging.
2. Explore the strategies and interventions used by these nurses to prevent medical crises and manage chronic health conditions among older adults.
3. Analyze the impact of community-based nursing programs and health promotion initiatives on reducing hospital admissions and enhancing quality of life.
4. Highlight the role of these nurses in patient education, advocacy, and coordination with other healthcare professionals and community resources.
5. Provide recommendations for improving nursing practices, policy development, and healthcare planning to better support the needs of an aging population.

By achieving these objectives, the study intends to demonstrate the value of proactive nursing care in fostering healthy aging, reducing preventable medical emergencies, and creating a more sustainable and efficient healthcare system.

## **2. Body of paper**

The global population is experiencing a profound demographic shift, characterized by a steadily increasing proportion of older adults. This trend presents both challenges and opportunities for healthcare systems worldwide. Aging is associated with an increased prevalence of chronic diseases, functional decline, cognitive impairments, and social isolation, which together contribute to higher rates of hospitalization and healthcare utilization. Healthy aging encompasses not only the absence of disease but also the maintenance of physical, mental, and social well-being throughout later life. (Rahmat, 2025)

Emergency and community health nurses occupy a central role in addressing these challenges. Their work spans beyond conventional clinical care, integrating preventive measures, health education, early detection of medical issues, and coordination of care across community and healthcare settings. By serving as a bridge between clinical interventions and community-based health promotion, these nurses enhance the capacity of healthcare systems to respond proactively rather than reactively. (Grady, 2011)

The proactive involvement of emergency and community health nurses contributes to reduced medical crises, improved quality of life, and the empowerment of older adults to participate actively in their health management. Additionally, these nurses play a critical role in advocating for policies and programs that support healthy aging, ensuring equitable access to resources, and addressing social determinants of health. The significance of their role continues to grow as healthcare systems seek sustainable strategies to manage the increasing needs of an aging population. (Rahmat, 2025)

In summary, emergency and community health nurses represent a vital component in promoting healthy aging and preventing medical emergencies. Understanding and strengthening their contributions is essential for developing effective healthcare strategies that support the well-being of older adults. (Okura, 2023)

### **2.1 Research Method**

The study employs a qualitative research approach, focusing on the roles and interventions of emergency and community health nurses in promoting healthy aging and preventing medical crises among older adults. Data collection is based on a combination of literature review, case studies, and analysis of community health programs to provide a comprehensive understanding of nursing practices and their outcomes. Scholarly articles, reports from health organizations, and evidence-based guidelines are examined to identify best practices and effective strategies in community-based nursing care. (Okura, 2023)

A thematic analysis framework is applied to synthesize findings from multiple sources, highlighting key areas such as assessment procedures, health education, preventive interventions, and crisis management. Emphasis is placed on understanding the interactions between nurses, older adults, families, and community resources, as well as identifying factors that enhance or hinder the effectiveness of nursing interventions. (Rahmat, 2025)

The study also considers the socio-demographic characteristics of older adults, including age, gender, socioeconomic status, and health conditions, to explore variations in nursing approaches and outcomes. Ethical considerations, such as patient confidentiality, informed consent, and respect for autonomy, are addressed throughout the research process to ensure adherence to professional and academic standards. (Grady, 2011)

In conclusion, the research method combines a qualitative, evidence-based approach with thematic analysis to provide an in-depth understanding of the significant role of emergency and community health nurses. This method facilitates the identification of practical strategies for promoting healthy aging, reducing preventable medical crises, and enhancing the overall quality of healthcare for older adults.

## 2.2 Literature Review

The role of emergency and community health nurses in promoting healthy aging and preventing medical crises has received increasing attention in healthcare discussions. Proactive nursing interventions contribute significantly to reducing preventable hospitalizations and improving the overall quality of life among older adults. Comprehensive assessments, including evaluations of physical, cognitive, and psychosocial health, are essential in identifying early signs of chronic conditions and potential health risks. (Grady, 2011)

Community-based health programs and home visit initiatives demonstrate the effectiveness of nursing-led interventions in minimizing acute medical events. Consistent monitoring and education provided by nurses can lower the incidence of falls, medication errors, and cardiovascular emergencies among elderly populations. Health promotion activities, such as nutrition guidance, exercise programs, and mental health support, play a crucial role in maintaining functional independence and slowing cognitive decline. (Okura, 2023)

Preventive care strategies, including vaccination, chronic disease management, and patient education, are strongly associated with improved outcomes for older adults. Emergency and community health nurses act as vital facilitators, bridging the gap between healthcare facilities and the community. Interventions that address social support, health literacy, and access to resources further enhance the effectiveness of nursing care. (Rahmat, 2025)

Additionally, these nurses serve as advocates and coordinators, integrating clinical expertise with community resources to establish sustainable health interventions. The adoption of evidence-based practices ensures that nursing care remains effective, adaptive, and responsive to the evolving needs of an aging population. Overall, emergency and community health nurses play an indispensable role in promoting healthy aging, preventing medical crises, and supporting the well-being of older adults within community settings. (Szanton et al., 2016)

## 3. Proposed Key Sections for the Article: An Overview

The article is structured to provide a comprehensive understanding of the role of emergency and community health nurses in promoting healthy aging and preventing medical crises. Each section focuses on a specific aspect of nursing practice, from assessment and early detection to health education, preventive strategies, and community engagement. The overview highlights the interconnectedness of these components, emphasizing how coordinated interventions contribute to improved health outcomes and enhanced quality of life for older adults. By presenting the article in clearly defined sections, readers can gain a systematic perspective on the multifaceted responsibilities of nurses and the strategies that support healthy aging within community settings. (Szanton et al., 2016)

### 3.1 Theoretical and Conceptual Framework of Emergency and Community Health Nursing

Emergency and community health nursing is grounded in a multifaceted theoretical and conceptual framework that emphasizes preventive care, holistic assessment, and community engagement. The theoretical foundation integrates principles from public health nursing, gerontological nursing, and nursing theories focused on patient-centered care. This framework highlights the importance of addressing the physical, psychological, and social dimensions of health, particularly for older adults who are at increased risk of chronic illnesses and medical crises. (Whitehead & Irvine, 2018)

Key concepts within this framework include proactive health monitoring, early detection of risk factors, health promotion, crisis prevention, and interdisciplinary collaboration. The emphasis on proactive interventions reflects the shift from reactive, hospital-based care to preventive, community-oriented approaches. Holistic assessment tools and nursing models guide practitioners in identifying vulnerabilities, evaluating functional capacity, and understanding the broader social and environmental determinants that affect older adults' health outcomes. (Szanton et al., 2016)

Community engagement forms a central pillar of the framework, recognizing that health outcomes are influenced not only by clinical care but also by social support networks, access to resources, and health literacy. Emergency and community health nurses serve as connectors between healthcare systems and community settings, facilitating education, advocacy, and supportive interventions that enhance self-management and independence among older adults. (Kazemi, 2025)

The conceptual framework also underscores the integration of evidence-based practices, ensuring that nursing interventions are guided by research, clinical expertise, and best-practice standards. By combining theoretical knowledge with practical strategies, emergency and community health nurses can design and implement effective programs that promote healthy aging, prevent medical crises, and contribute to sustainable, patient-centered healthcare systems. (Wu et al., 2020)

### **3.2 Health Education and Promotion Strategies for Healthy Aging in Nursing Practice**

Health education and promotion constitute essential components of nursing practice, particularly in the context of aging populations. Emergency and community health nurses play a vital role in empowering older adults to take active control over their health by providing education on disease prevention, healthy lifestyle choices, and self-care management. The focus of these strategies is not merely on treating existing conditions but on fostering long-term wellness and resilience among older adults. (Whitehead & Irvine, 2018)

Effective health education encompasses multiple dimensions, including nutrition, physical activity, mental health, medication management, and chronic disease awareness. Nurses provide tailored guidance that considers each individual's physical capabilities, cognitive function, and social environment. Structured workshops, educational sessions, one-on-one counseling, and informational materials are among the tools employed to communicate vital health information and encourage proactive behaviors. (Szanton et al., 2016)

Promotion strategies extend beyond individual education to include community-based interventions. Programs such as group exercise classes, nutrition workshops, cognitive training sessions, and social engagement initiatives help reduce isolation, support mental well-being, and enhance functional independence. Collaboration with community organizations, local healthcare providers, and family members strengthens these interventions, ensuring that older adults have access to supportive networks and resources. (Wu et al., 2020)

Additionally, the integration of culturally sensitive approaches ensures that health education is relevant and meaningful for diverse populations. Nurses adapt communication strategies and educational content to reflect cultural values, literacy levels, and language preferences, maximizing engagement and effectiveness. (Kazemi, 2025)

Overall, health education and promotion strategies in nursing practice are designed to enhance self-efficacy, prevent illness, and foster sustainable healthy behaviors. By providing older adults with knowledge, skills, and support, emergency and community health nurses contribute to improved health outcomes, reduced incidence of medical crises, and a higher quality of life within aging communities.

### **3.3 Assessment and Early Detection of Health Risks in Older Adults by Nurses**

Assessment and early detection are fundamental components of nursing practice, particularly in the care of older adults. Emergency and community health nurses conduct comprehensive evaluations that encompass physical, cognitive, psychological, and social dimensions of health. These assessments aim to identify early signs of chronic illnesses, functional decline, cognitive impairment, and other risk factors that may lead to medical crises. By systematically evaluating these factors, nurses can develop individualized care plans that address both immediate health concerns and long-term wellness goals (Whitehead & Irvine, 2018) Physical assessments include monitoring vital signs, mobility, sensory functions, nutritional status, and the presence of chronic conditions such as hypertension, diabetes, and cardiovascular disease. Cognitive evaluations focus on memory, attention, and executive functioning, helping to detect early signs of dementia or other cognitive disorders. (Kazemi, 2025)

Psychological and social assessments consider mental health, emotional well-being, social support networks, and living conditions, which are critical determinants of overall health outcomes (Jin, 2005)

Early detection strategies also involve the use of standardized screening tools, regular check-ups, and home visits. These approaches enable nurses to identify subtle changes in health status that might otherwise go unnoticed until a serious medical crisis occurs. By recognizing these early warning signs, timely interventions can be implemented to prevent deterioration, reduce hospitalizations, and maintain independence (Whitehead & Irvine, 2018)

Furthermore, assessment and early detection are closely linked with health education and preventive strategies. Nurses use assessment findings to inform patients and families about potential risks, lifestyle modifications, and strategies for disease

management. Collaboration with other healthcare professionals ensures a multidisciplinary approach, integrating medical, social, and community resources to provide comprehensive support (Okura, 2023)

In conclusion, assessment and early detection of health risks by nurses are essential for promoting healthy aging and preventing medical crises. Through thorough evaluations, timely identification of risk factors, and individualized care planning, emergency and community health nurses play a pivotal role in maintaining the health, independence, and quality of life of older adults.

### **3.4 Proposed Nursing Strategies for Enhancing Healthy Aging and Preventing Medical Crises**

Emergency and community health nurses play a critical role in implementing strategies that promote healthy aging and reduce the risk of medical crises among older adults. These strategies encompass preventive care, patient education, community engagement, and interdisciplinary collaboration, forming a comprehensive approach to sustaining health and independence.

- **Individualized Care Planning:** Tailoring interventions to meet the specific needs, abilities, and preferences of each older adult ensures that care is relevant and effective. This approach includes monitoring chronic conditions, adjusting treatment plans, and addressing personal health goals to prevent deterioration.
- **Preventive Health Measures:** Vaccinations, regular health screenings, fall prevention programs, and routine assessments of mobility, nutrition, and cognitive function are essential preventive strategies. These measures help identify risks early and reduce the likelihood of acute medical events.
- **Health Education and Lifestyle Promotion:** Providing older adults and their families with information on nutrition, physical activity, medication adherence, and mental well-being empowers them to take active roles in maintaining their health. Structured workshops, counseling sessions, and educational materials reinforce knowledge and encourage behavioral changes that support long-term wellness.
- **Community Engagement and Social Support:** Facilitating participation in community activities, support groups, and social networks addresses social isolation, enhances emotional well-being, and strengthens resilience. Collaborating with local organizations and family members extends the reach of nursing interventions beyond clinical settings.
- **Interdisciplinary Collaboration:** Working with physicians, therapists, social workers, and other healthcare professionals ensures a coordinated approach to care. Collaborative care planning promotes holistic management, reduces gaps in services, and enhances the overall effectiveness of interventions.
- **Use of Evidence-Based Practices:** Implementing interventions grounded in research and clinical evidence ensures effectiveness, safety, and sustainability. Continuous evaluation and adaptation of strategies based on emerging evidence support ongoing improvement in health outcomes for older adults.

By integrating these strategies, emergency and community health nurses contribute to reducing preventable medical crises, enhancing functional independence, and improving the quality of life among aging populations. The combination of individualized care, preventive measures, education, community engagement, collaboration, and evidence-based practice forms a robust framework for promoting healthy aging in diverse settings.

### **4. Conclusion**

Emergency and community health nurses occupy a pivotal role in promoting healthy aging and preventing medical crises among older adults. Their work extends beyond traditional clinical care, encompassing assessment, early detection, health education, preventive strategies, and community engagement. By addressing the physical, cognitive, psychological, and social dimensions of health, these nurses contribute to maintaining

functional independence, enhancing quality of life, and reducing preventable hospitalizations.

The integration of individualized care planning, evidence-based interventions, and interdisciplinary collaboration forms the foundation of effective nursing practice in this field. Community-based programs, educational initiatives, and proactive monitoring allow for timely identification of health risks and the implementation of strategies that prevent medical crises before they escalate. Moreover, the advocacy role of nurses ensures that older adults have access to resources, social support, and health-promoting environments. Promoting healthy aging is not only a clinical objective but also a societal responsibility, requiring coordinated efforts across healthcare systems and community organizations. Emergency and community health nurses serve as essential facilitators of this process, bridging the gap between healthcare services and community needs. Their interventions foster resilience, empower older adults to actively participate in their health management, and contribute to the development of sustainable, patient-centered healthcare systems.

In conclusion, recognizing and strengthening the role of emergency and community health nurses is crucial for addressing the challenges of an aging population. Through comprehensive, proactive, and evidence-based approaches, these nurses play an indispensable role in enhancing the well-being of older adults, preventing medical crises, and promoting a healthier, more independent aging population.

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