Prologue

The landscape of healthcare is continuously evolving, with an increasing recognition of the unique health needs of various populations. Men's health nursing has emerged as a critical specialty within the nursing profession, dedicated to addressing the specific health challenges men face. This specialty encompasses a wide range of health issues, from chronic diseases and mental health to urological and reproductive health, requiring a tailored approach to care, education, and advocacy.

The development of a national certification exam for registered nurses (RNs), nurse practitioners (NPs), and clinical nurse specialists (CNSs) specializing in men's health nursing is a significant step toward standardizing and enhancing the quality of care provided to male clients. This document presents a comprehensive content outline for such certification exams, designed to ensure that healthcare professionals possess the necessary knowledge, skills, and competencies to excel in this field.

UTILIZING ANA'S RECOMMENDATIONS

In developing this outline, we have closely adhered to the recommendations and criteria set forth by the American Nurses Association (ANA) in their Specialty Nursing Scope and Standards documents. The ANA's framework for recognizing a nursing specialty, approving a specialty nursing scope of practice statement, and acknowledging specialty nursing standards of practice has been integral to our approach. The ANA emphasizes the importance of defining the nursing specialty, delineating the scope and standards of practice, and ensuring competencies through rigorous education and certification processes.

Our outline incorporates the ANA's foundational principles, ensuring that the content aligns with the recognized standards of professional

nursing practice. We have embedded key elements from the ANA guidelines, such as the necessity for a well-defined knowledge base, the adherence to ethical principles, and the promotion of lifelong learning, throughout the content areas. By aligning with these recommendations, we aim to foster a high standard of care and professional excellence in men's health nursing. Through rigorous education, certification, and a commitment to lifelong learning, men's health nurses can make a significant impact on the well-being of male populations, fostering a healthier and more informed society.

ORGANIZATIONAL SUPPORT

The American Association for Men in Nursing (AAMN) is an international nursing organization with a mission to shape the practice, education, research, and leadership for men in nursing and advance men's health. The American Men's Health Nursing Alliance (AMHNA) is an education and practice group collaborating with AAMN in the development of the Certificate in Men's Health and will support educational development for certification attainment and maintenance. AAMN and AMHNA collaborate with various other partners and organizations in advancing men's health initiatives.

Specialty Nursing Scope Statement: Men's Health Nursing

INTRODUCTION

Men's health nursing is a specialized field of nursing practice that focuses on addressing the unique healthcare needs of male healthcare consumers across their life spans. This specialty recognizes that men have specific health concerns that require a tailored approach to care. It encompasses a comprehensive understanding of male physiology, anatomy, and psychosocial factors influencing health. The scope of men's health nursing includes promoting men's physical, emotional, and mental well-being, as well as preventing and managing health conditions that predominantly affect men.

Men's health nursing provides holistic care that considers the physical, emotional, and social aspects of men's health. Nurses work collaboratively with clients to develop individualized care plans that promote health maintenance, disease prevention, and optimal quality of life. Within this specialty, nurses address various health issues, including but not limited to reproductive health, urological concerns, sexual health, mental health, and substance use. The parameters for men's health nursing are defined by a commitment to evidence-based care, cultural competence, and ethical practice. This specialty nursing practice is characterized by its focus on empowering men to actively participate in their healthcare decisions, promoting health equity, and addressing health disparities among male populations. The specialty of men's health has an overlap with urology nursing, as there are many urological conditions that affect men; however, men's health should be viewed comprehensively and not through one defined body system.

Men's health nursing is an emerging specialty that addresses the unique health needs of male-identifying clients. Historically, men's health has been

underrepresented in healthcare, leading to significant disparities in health outcomes between men and women. This narrative will validate the need for men's health nursing by presenting evidence from peer-reviewed articles, including data, needs analysis, role delineation studies, trends, and the demonstrated impact of the specialty. Additionally, it will discuss the potential health consequences if this specialty practice is not present.

Evidence and Data Supporting Men's Health Nursing

The evolution of men's healthcare:

- 1990s: Congress formally recognized National Men's Health Week in 1994, anchoring annual federal, state, and local attention on preventable risks and early detection.
- 2000s–2010s: Prostate cancer screening shifted from testing everyone to shared decision-making for ages 55–69 and do not routinely screen for greater than or equal to 70, reflecting balanced evidence on benefits and harms.
- 2010s: The Affordable Care Act (ACA) made A- and B-rated preventive services (e.g., blood pressure, colorectal, HIV/HCV, AAA ultrasound for eligible men) no cost in most private plans, a structural nudge toward prevention. The U.S. Supreme Court's June 27, 2025 decision in *Kennedy v. Braidwood* preserved that preventive-coverage architecture.
- 2020s: Persistent disparities keep men's health on the policy agenda: Black men face markedly higher prostate cancer incidence and mortality; men's suicide rates remain about four times those of women, underscoring the need for culturally specific outreach and mental health integration (CDC, 2025).

Health Disparities and Outcomes

Men experience higher mortality rates from several leading causes of death compared with women, including heart disease, cancer, and unintentional injuries (Courtenay, 2000). Data from the Centers for Disease Control and Prevention (CDC) (2019) reveal that men are more likely to engage in risky behaviors, are less likely to seek preventive healthcare, and have higher rates of substance misuse and suicide.

These disparities highlight the critical need for specialized care that addresses the specific health behaviors and risks associated with men.

Statistics Highlighting Disparities

The CDC's statistics provide a stark picture of the health disparities between men and women. For instance, in 2018, the age-adjusted death rate for men was 865.1 per 100,000 population compared to 643.6 per 100,000 population for women. Men also have higher rates of chronic conditions such as hypertension and diabetes, which contribute to these disparities. Furthermore, men are more likely to engage in behaviors that increase health risks, such as smoking and excessive alcohol consumption (CDC, 2019).

Risk Behaviors and Health Outcomes

Men's reluctance to seek healthcare contributes significantly to poorer health outcomes. Studies have shown that men are less likely to visit a physician for preventive care, which leads to delayed diagnoses and intervention that could be managed more effectively if detected early (Courtenay, 2000). This behavior is often influenced by societal norms that associate masculinity with toughness and self-reliance, discouraging men from seeking help.

Needs Analysis and Role Delineation

A needs analysis conducted by Baker et al. (2015) identified several gaps in the current healthcare system regarding men's health. The study found that men often delay seeking medical care, leading to late diagnoses and poorer outcomes. The analysis emphasized the importance of targeted health education, preventive screenings, and early intervention strategies tailored to men's health needs. Role delineation studies have further outlined the responsibilities of men's health nurses, including conducting comprehensive health assessments, providing education on male-specific health issues, and promoting healthy lifestyle choices (Hawkins et al., 2017).

Identified Gaps in Men's Health

The needs analysis by Baker et al. (2015) highlighted that many healthcare systems lack the resources and focus necessary to adequately address

men's health issues. This includes insufficient health education materials that are tailored specifically to men, a lack of preventive health programs targeting male-specific health concerns, and inadequate training for healthcare providers on how to effectively engage male clients.

Role Delineation Studies

Role delineation studies have provided a clear framework for the roles and responsibilities of men's health nurses. These studies emphasize the importance of comprehensive health assessments that include not only physical health but also mental and emotional well-being. Men's health nurses are trained to recognize the signs of common male health issues such as prostate problems, cardiovascular diseases, and mental health conditions, and to provide appropriate interventions and referrals (Hawkins et al., 2017).

Trends in Men's Health Nursing

The men's health movement has gained momentum over the past decade, advocating for improved healthcare services for men. This movement has led to the development of guidelines and recommendations specifically tailored to men's health, such as the American Urological Association's guidelines on prostate cancer screening (Carter et al., 2018; U.S. Preventative Services Tash Force, 2018). Additionally, there has been a growing trend toward integrating men's health topics into nursing curricula, ensuring that future healthcare providers are well-prepared to address the unique needs of male clients (Fletcher et al., 2017).

Advocacy and Public Health Initiatives

The men's health movement has been critical in advocating for the inclusion of men's health issues in public health agendas. Organizations such as the Men's Health Network have been instrumental in raising awareness and pushing for policies that address the unique health needs of men. These advocacy efforts have led to increased funding for men's health research and the development of public health campaigns aimed at reducing health disparities (Robertson et al, 2015).

Current advocacy by national, state, and local governments:

- **Annual Presidential Proclamation Men's Health Month (June).** The 2025 proclamation spotlights the life-expectancy gap and calls for screenings, heart health, cancer prevention, and mental health support.
- **ACA §§2713 preventive care.** By law, most private plans must cover U.S. Preventative Services Task Force A and B services with no cost-sharing; the 2025 Supreme Court ruling kept that intact. (Practical examples for men: colorectal screening, statins for cardiovascular disease risk, abdominal aortic aneurysm ultrasound for men 65–75 who've ever smoked.)
- **988 Suicide & Crisis Lifeline** continues as a nationwide access point integrated into state systems, relevant given men's disproportionate suicide burden.
- **Governor proclamations and health department pushes.** States routinely proclaim Men's Health Month or Week and promote checkups and screening (e.g., North Dakota's 2025 proclamation; Texas Health and Human Services awareness campaign).
- **Targeted policy moves.** Example: California's 2025 executive order to support boys' and men's mental health, directing California Health and Human Services to advance suicide prevention, connection, and workforce pathways.
- **City and county proclamations.** Municipalities issue Men's Health Month proclamations, partner with clinics, and run community events (example: Alabaster, Alabama, 2025 proclamation).

Educational Trends

In response to the growing recognition of men's health issues, many nursing schools are now incorporating men's health into their curricula. This includes offering elective courses on men's health, integrating men's health topics into core nursing courses, and providing clinical rotations in settings that specialize in men's health. These educational trends ensure that new nurses are equipped with the knowledge and skills needed to provide high-quality care to male clients (Fletcher et al., 2017). A study by

Quallich (2023), however, indicated that in NP programs there still exists a gap in incorporating men's strategic plans.

Demonstrated Impact of Men's Health Nursing

Improved Health Outcomes

Research has demonstrated the positive impact of men's health nursing on client outcomes. Nguyen et al. (2019) found that nurse practitioner–led clinics focusing on men's health resulted in increased rates of preventive screenings, early detection of health issues, and better management of chronic conditions. Healthcare consumers attending these clinics reported higher satisfaction levels and improved overall health compared to those receiving standard care.

Management of Chronic Conditions

Men's health nurses also play a critical role in managing chronic conditions such as diabetes and hypertension. By providing ongoing education and support, these nurses help clients manage their conditions more effectively, reducing the risk of complications and improving quality of life. Studies have shown that clients who receive care from nurse practitioners have better outcomes in terms of blood pressure control, diabetes management, and overall health status (Nguyen et al., 2019).

Enhanced Access to Care

Men's health nurses play a crucial role in enhancing access to care, particularly for underserved populations. For example, telehealth initiatives led by men's health nurses have improved healthcare access for men in remote or rural areas, allowing them to receive timely medical advice and follow-up care (Kruse et al., 2018). These initiatives have been instrumental in reducing healthcare disparities and ensuring that all men have access to high-quality care.

Telehealth and Digital Health Solutions

Telehealth services have become increasingly important in providing care to men who live in rural or underserved areas. Men's health nurses utilize telehealth to conduct virtual consultations, follow-ups, and

health education sessions. This approach not only improves access to care but also encourages men to seek medical advice without the stigma or inconvenience associated with visiting a clinic in person (Kruse et al., 2018).

Community Outreach Programs

Community outreach programs led by men's health nurses have also been effective in reaching underserved populations. These programs often include mobile health clinics, health fairs, and educational workshops designed to raise awareness about men's health issues and provide screenings and preventive services. By bringing healthcare services directly to the community, these programs help to overcome barriers to access and improve health outcomes (Hawkins et al., 2017).

Educational and Preventive Interventions

Men's health nurses are pivotal in providing educational and preventive interventions that address male-specific health issues. By offering counseling on topics such as sexual health, mental health, and substance use, these nurses help men make informed decisions about their health and adopt healthier behaviors (Courtenay, 2011). Educational workshops and community outreach programs have also been effective in raising awareness about men's health issues and encouraging men to seek preventive care. When nursing education embraces these currents—more male voices, stereotypes acknowledged, tech-enhanced empathy, and structural awareness—we are not just training nurses. We are sculpting advocates who can identify when a male patient does not fit a standard mold and may need alternative care pathways. These trends ripple into better care: improved engagement with male clients, culturally responsive screening, nuanced mental health support, and leadership that reflects the diversity of the caregivers themselves.

Health Education and Counseling

Health education and counseling are core components of men's health nursing. Men's health nurses provide individualized education on topics such as diet, exercise, smoking cessation, and sexual health. By addressing these issues comprehensively, they help men understand the impact of

their lifestyle choices on their overall health and encourage them to adopt healthier behaviors (Courtenay, 2011).

Preventive Health Programs

Preventive health programs designed and implemented by men's health nurses have been shown to improve health outcomes. These programs often include screenings for common conditions such as hypertension, diabetes, and prostate cancer, as well as educational sessions on preventive health practices. By emphasizing the importance of regular health checkups and early detection, these programs help men take proactive steps to maintain their health (Moyer, 2012).

Health Consequences if Men's Health Nursing Specialty Is Absent

The continued absence of a specialized men's health nursing practice can lead to several adverse health consequences:

Increased Morbidity and Mortality

Without targeted interventions, men are likely to continue experiencing higher rates of morbidity and mortality from preventable conditions. Delayed diagnoses and untreated health issues can result in more severe disease progression and complications (Baker et al., 2015).

Persistent Health Disparities

The lack of a men's health specialty can exacerbate existing health disparities. Men from minority and low-income populations, who already face significant barriers to healthcare, may be disproportionately affected, leading to poorer health outcomes and reduced life expectancy (Williams et al., 2016).

Impact on Minority Populations

Minority populations often face additional barriers to healthcare, including cultural and language differences, discrimination, and lack of access to healthcare services. Men's health nurses play a crucial role in addressing these disparities by providing culturally competent care and

advocating for policies that promote health equity. Without this specialized focus, health disparities among minority men are likely to persist, leading to worse health outcomes and increased health inequities (Williams et al., 2016).

Mental Health Stigma

The stigma associated with mental health issues among men can persist without specialized care that addresses these concerns. Men's health nurses are essential in creating a supportive environment that encourages men to seek help for mental health challenges, reducing the risk of untreated mental health conditions and associated complications such as suicide (Addis & Mahalik, 2003; CDC, 2025).

Consequences of Untreated Mental Health Issues

Untreated mental health issues can have severe consequences, including increased risk of suicide, substance misuse, and chronic health conditions. Men's health nurses are trained to recognize the signs of mental health issues and provide appropriate interventions and referrals. Without this specialized care, many men may continue to suffer in silence, leading to devastating outcomes for themselves and their families (Addis & Mahalik, 2003).

Missed Opportunities for Preventive Care

A lack of focus on preventive care can lead to missed opportunities for early intervention. Men's health nurses play a critical role in promoting preventive health behaviors and ensuring that men receive regular screenings and checkups. Without this emphasis, men are less likely to engage in preventive measures, increasing the risk of chronic diseases (Moyer, 2012).

Impact on Chronic Disease Management

Chronic diseases such as diabetes and hypertension can be effectively managed with early detection and proper care. Men's health nurses provide the education and support needed to help men manage these conditions and prevent complications. Without this specialized focus,

many men may not receive the necessary preventive care, leading to higher rates of complications and poorer health outcomes (Nguyen et al., 2019).

CONCLUSION

Men's health nursing is a vital specialty that addresses the unique health needs of male clients. The evidence supports the need for this specialty, highlighting the positive impact of men's health nurses on client outcomes, access to care, and health education. Without specialized men's health nursing, men are at risk of experiencing increased morbidity and mortality, persistent health disparities, mental health stigma, and missed opportunities for preventive care. Investing in men's health nursing is essential for improving the overall health and well-being of men and ensuring that they receive comprehensive, high-quality care.