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Textbook of Community Health Nursing

Georly George



Foreword
Sunitha PC

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Contents

1. Concepts of Health and Community **1**
Concept of Community 1
Concept of Health 3
Dimensions of Health 3
Determinants of Health 4

2. Concept of Community Health and Community Health Nursing **6**
Concept of Community Health 6
Concept of Community Health Nursing 7
Qualities of Community Health Nurse 12
Community Health Nursing Process 12

3. Community Health Nursing Approaches **16**
Evidence-based Practice (EBP) in Community Health Nursing 16
Problem Solving Approach 18
Epidemiological Approach 20
Empowering People to Care for Themselves 21

4. Maintenance of Health **24**
Maintenance of Physical Health 24
Personal Hygiene 24
Maintenance of Mental Health 30
Health Team Work 31

5. Health Promotion and Levels of Prevention **34**
Levels of Prevention 36

6. Environmental Health **39**
Environment 39
Physical Environment 40
Ventilation 42
Water 43
Global Warming 50
Biological Environment 52

7. Waste Management **55**
Refuse 55
Biomedical Waste 57
Disposal of Dead Bodies 57

8. Food Hygiene **62**
Food Hygiene 62
Hygiene of Milk 63
Food Poisoning 66

9. Family as a Basic Unit of Health Services in the Community **70**
Family 70
Family Health Care 74

Family Health Care Nursing 75
Family Nursing Process 76
Health Risk Families 79

10. Home Visit **82**
Home Visit 82
Interview in Family Health 83
Family Health Counseling and Guidance 85
Bag Technique 86

11. Health Planning **88**
Health Planning 88
Planning Process 89
National Health Policy 89
Health for all Movement 90
Planning Commission 91
National Health Planning Committees 91
National Five Year Plans 91
Millennium Development Goals 94
Central Council of Health and Family Welfare 94

12. Health Care Delivery System in India **95**
Health Care Delivery System 96
Health Care Delivery System in India 96
Resources 97
Health Care Services 97
Health Care Systems in India 98
Public Health Sector 98
Community Health Centers 103
Hospitals 104
Heath Insurance 104
Employees State Insurance Act 104
Central Government Health Scheme 105
Private Sector 106
Voluntary Health Agencies 106
Family Planning Association of India 108
Hind Kusht Nivaran Sangh (Indian Leprosy Association) 108

13. National Health Programs **109**
National Antimalaria Program 110
National Filaria Control Program 110
Revised National Tuberculosis Control Program (RNTCP) 111
DOTS (Direct Observed Therapy Short Course) 111
National AIDS Control Program 112
National Progam for Control of Blindness 113
Iodine Deficiency Disorder Control Program 114
Universal Immunization Program 115
National Water Supply and Sanitation Program 115
Minimum Needs Program 116
20 Point Program 116
National Guinea Worm Eradication Program 116
National Leprosy Eradication Program 116

Japanese Encephalitis Control Program 117
National Rural Health Mission 117
Reproductive and Child Health Program 118
Reproductive and Child Health Approach 118
National Diabetes Control Program 119
National Mental Health Program 120
Yaws Eradication Program (YEP) 120
National Cancer Control Program 121
National Surveillance Program for Communicable Diseases 122
Pulse Polio Immunization (PPI) Program 123
National Nutritional Anemia Prophylaxis Program 123
Family Welfare Program in India 124
Integrated Child Development Services (ICDS) 126
Midday Meal Scheme 126
National ARI Control Program 127
STD Control Program 127

14. Public Health Administration in India **129**
Public Health Administration 129
National Level Health Administration 130
National Level Health Administration Organization 131
State Level Health Administration 133
District Level Health Administration 134
The Institutions 135

15. Health Education **138**
Concept of Health Education 139
Methods and Techniques of Health Education 141
Lecture Method 142
Demonstration Method 142
Seminar and Conferences 143
Symposium 144
Workshop 145
Group Discussion 146
Panel Discussion 146
Role Playing 146
Mass Communication 146
Health Communication 147
Planning and Evaluation of Health Education 147
Audio-visual Aids 148
Visual Aids 148
Projected Aids 148
Nonprojected Aids 150
Flannel Graph 150
Handouts 151
Flash Cards 151

16. International Health Agencies **152**
World Health Organization 152
UNFPA (The United Nations Population Fund) 154
UNDP (The United Nations Development Programme) (2006) 155
World Bank 155
Food and Agriculture Organization 157

UNICEF 158
European Commission 159
The International Red Cross 159
United States Agency for International Development 160
United Nations Educational, Scientific and Cultural Organization 160
Colombo Plan 160
International Labor Organization 161
CARE 161

17. Demography and Family Welfare **162**
Demography 163
Concept of Demography and Demographic Transition 163
Scope and Uses of Demography 164
Sources and Methods of Collecting Demographic Data 165
Analysis and Interpretation of Demographic Data 166
Demographic Rates and Ratios 166
Ratio 167
Other Demographic and Fertility Rates 167
Population Growth and Population Explosion 168
Methods to Control Population Explosion 169
Family Planning 169
Birth Control Measures 170
Barrier Methods of Contraception 170
Intrauterine Device 173
Oral Contraceptives 176
Emergency Contraception 177
Natural Methods of Contraception 178
Sterilization 181

18. Community Research **184**
Community-based Research 184
Steps of the Research Process 186

19. Role of a Community Health Nurse in Special Health Services **188**
School Health Service 188
Disaster Management 190
Occupational Health Services 192
TB Nursing 194
Community Oncology 196
Community Psychiatry 197
Community Geriatrics 198
Supervision 199

20. Role of a Nurse in Sensitizing and Handling the Social Issues **203**
Social Issues and Challenges 203
Women Empowerment 203
Women Abuse 204
Elderly Abuse 206
Child Abuse 208
Female Feticide 210

Index *213*

CHAPTER

2

Concept of Community Health and Community Health Nursing

Chapter Outline

Concept of Community Health:
- Definition of Community Health
- Purposes of Community Health
- Scope of Community Health
- Principles of Community Health

Concept of Community Health Nursing:
- Definitions of Community Health Nursing
- Philosophy of Community Health Nursing
- Objectives of Community Health Nursing
- Scope of Community Health Nursing
- Principles of Community Health Nursing
- Trends in Community Health Nursing
- Characteristics of Community Health Nursing
- Functions of Community Health Nurse
- Roles of Community Health Nurse

Qualities of Community Health Nurse

Community Health Nursing Process:
- Definitions of Community Health Nursing Process
- Phases of Nursing Process in Community
  - I. Community Assessment/Community Identification
  - II. Community Diagnosis
  - III. Planning for Community Health Nursing Care
  - IV. Implementation
  - V. Evaluation

CONCEPT OF COMMUNITY HEALTH

Community health is a field within public health. It is a discipline that concerns itself with the study of health characteristics of biological communities. While the term community can be broadly defined, community health tends to focus on geographic area rather than people with shared characteristics.

DEFINITION OF COMMUNITY HEALTH

Community health is defined as the health status of the members of the community and problems affecting their health and the totality of health care provided to them (WHO).

Community health refers to all the personal and environmental services in any human community irrespective of whether such services were public or private (Euro Symposium).

PURPOSES OF COMMUNITY HEALTH

- Monitor health status of community people.
- Identify community health needs and problems.
- Diagnose and investigate health problems.
- Inform, educate and empower people about health issues.
- Mobilize community partnership to identify and solve health problems.
- Develop policies and plans that support individual and community health efforts.
- Enforce laws and regulations that protect health and ensure safety.
- Ensure a competent public health and personal health care workforce.
- Evaluate effectiveness of population based health services.
- Research for new insight and innovative solutions to health problems.

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In the field of health services the concept of community health is very important. It is essential to pay attention to those purposes of community health in public health nursing practice.

SCOPE OF COMMUNITY HEALTH

Community health is directly responsible for the health of individual according to the prevalent concept. Community health services have strong obligations to protect and promote the health of people belonging to any country. The scope of community health services varies in a wide basis.

Individual Basis

Individual is the basic subsystem of community. The health care services available and utilized by individuals in community, determine the health of whole community. The individual health services include preventive, promotive, curative and rehabilitative health care services. It is essential to consider physical, mental and social well-being of individuals for improving the health status of specific community.

Family Basis

Family is the basic unit of health care services in the community. The mortality and morbidity rates in a specific geographical area can be reduce by the healthy environment in the family. The family health care services include maternal and child health services, identification of vulnerable groups, specialized services for mentally and physically challenged and for the underprivileged groups.

Community Basis

The health care services for a specific community differ according to its demographic and geographical structures. The current scenario reveals an inequality in distribution of health care services both in urban and rural communities. The success of community health services rely on participation of community people. The services like provision of adequate drinking water, supply of essential drugs and nutrients, formulation of self help groups, conducting camps and clinics, etc. are the major scopes of community health.

PRINCIPLES OF COMMUNITY HEALTH

- Community health services must be based on the needs of its members.
- Multisectoral approach must follow in community health services.
- Community participation is an essential component of community health services.
- The community health services must be planned and purposeful.
- The focus of community health services are self reliance and self sufficiency.
- It must be comprehensive and decentralized.
- Utilization of locally available resources is essential in community health program.

The success of a community health service relies on mutual understanding and cooperation among community people and health professionals.

CONCEPT OF COMMUNITY HEALTH NURSING

The field of nursing that is a blend of primary health and nursing practice with public health is referred to as community health nursing. A community health nurse has to conduct continuing and comprehensive practice that is in the aspects of promotive, preventive, curative and rehabilitative care. The philosophy of care is based on the belief that, care directed to the individual, the family, and the group contribute to the health care of the population as a whole.

DEFINITIONS OF COMMUNITY HEALTH NURSING

Community health nursing is defined as it is a synthesis of nursing theory and public health theory applied to promoting, preserving, and maintaining the health of populations through the delivery of personal health care services to individuals, families and groups. The focus of the community health nursing practice is the health of individuals, families and groups and the effect of their health status on the health of community as a whole (ANA).

Community health nursing is a learned practice discipline with the ultimate goal of contributing as individuals and in collaboration with others to the

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promotion of the patient's optimum level of functioning through teaching and delivery of care (Margaret Jacobson).

PHILOSOPHY OF COMMUNITY HEALTH NURSING

- Community health nursing believes in individuality and dignity of a person.
- It believes in comprehensive and holistic approaches of nursing services.
- It believes in potentialities and resources within a person for self development.
- It believes in the need of individual to seek help in times of health needs and problems.
- Advancement in knowledge and technology helps to meet the health needs.
- Community participation is an integral part of successful community health nursing services.
- It believes in equity of nursing services irrespective of cast, creed and nationality.

OBJECTIVES OF COMMUNITY HEALTH NURSING

The focus of community health nursing is on the prevention of illness and the promotion and maintenance of health. Nursing activities to achieve these goals include client education, counseling, advocacy and management of care.

The objectives are described as follows:

- Promote health of individuals and family.
- Protect from communicable and non-communicable diseases.
- Help people to modify the lifestyle and eliminate the risk factors.
- Ensure standard of living.
- Provide curative and rehabilitative health care services.
- Ensure the utilization of health care services by the people.
- Maintain the health status of people by preventive health care services.
- Conduct research in the field of nursing.
- Evaluation of services provided in the society.

The community health nurse has to serve as a member of health team and involve in the community well to achieve these objectives.

SCOPE OF COMMUNITY HEALTH NURSING

The scope of community health nursing is varying and challenging according to the advancement in technology and medicine.

Home Care

The home has been the most frequently used site for community health nursing practice. In this area the nurse has an opportunity to work with clients in the environment where they are most comfortable. The shifting health economics and the increased demand for highly technical care in the home have created new roles for nurses in the home setting.

Ambulatory Service Settings

It includes clinics, children's day care centers, churches, and rural, underserved communities. All the roles of the community health nurse may be used in ambulatory care settings.

School Health Services

School provides another major setting for community health nursing practice. The role of community health nurse in schools is expanded to include health education, immunization, periodical health check up, etc.

Industrial Nursing Services

One of the major problems existing in the present scenario is occupational health hazards. The community health nurse has to perform the role of counselor, preventer, instructor and protector of health of employees in an industry.

Nursing Services in Health Centers

The nursing personnel in health centers have to participate in the activities of health center. The treatment of minor ailments, nursing care to those admitted in inpatient departments, health education to the public, maintenance of records and registers in the center, etc. are some of the responsibilities of a nurse in health centers.

Rehabilitation Centers

Nurses make an active role in rehabilitation process both for physical and mental disabilities. Regaining

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the capacity of individuals in rehabilitation centers must be encouraged by the nurses who are assigned to take care of them.

The community health nurse has to play different roles in different settings of health services. The scope of community health nursing services is varying according to the policies and systems of health care delivery in a specific country. In summary community health nursing is a practice that is continuous and comprehensive.

PRINCIPLES OF COMMUNITY HEALTH NURSING

The community health nurse must follow certain principles while doing work in various settings of community. The following are some of the principles of community health nursing services.

1. **The community health nursing service must be based on the needs of people.**
   The needs and problems of individuals and families must be assessed prior to the planning of health services in the community. It is essential to find out priorities of the problems according to the criteria like urgency, frequency, seriousness and feasibility.
2. **Community health service must be planned and purposeful**
   It is necessary to know the objectives of the program before its planned. The sequence of service must be formulated in advance to initiate the service.
3. **Community health nurse must be aware of the agencies' policy to which she/he belongs.**
   The limitations and extend of nursing services are decided by the agency to which the nurse belongs. It can be either private or public agency. It is important to know the actual rules and policies of authority while providing care in the community setting.
4. **Community health nursing service must be continuous in nature.**
   The effectiveness of a service can be assured by the follow ups. Each steps of nursing process must be followed in services like home care, in- patient care and in rehabilitation centers.
5. **Health education is an integral part of community health nursing.**
   The focus of community health nursing services is prevention of illness and promotion of health. Health education is an important strategy to attain those objectives.
6. **Community health nurse is an important member of health team.**
   It is essential to collaborate with other health team members in community health programs. The planning and implementation of the health programs require effective team work.
7. **Community participation is an unavoidable aspect of community health nursing services.**
   Involvement of community people in each phase of nursing care will develop and improve the self care competency among people. It increases the confidence of people to utilize the available resources in the family and community.
8. **Community health nurse should not accept any gift or money as bribes.**
   The community health nurse must have professional dignity to refuse gifts and money for her/his services.
9. **Supervision and evaluation are the chief components of community health services.**
   Supervision of subordinates is important responsibility of a community health nurse. It is necessary to guide them for the achievement of the goals of services. Periodical performance appraisal improves the quality of services in the community settings. It also aid to the professional development of an individual.
10. **Staff development programs are necessary to improve the knowledge and skills of community health nurses.**
    The advancement in the science and technology demands for excellent skills and quality in nursing services. In-service education programs and periodical training programs help to update the knowledge.
11. **Good working facilities should be provided to the community health nurse to improve job satisfaction.**
    The nursing personnel in rural areas are suffering from many deficiencies in their daily

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life. It is necessary to provide better facilities for improving their living standard to achieve quality in their services.

12. **Community health nurse must be a full fledged nurse.**
    The community health nurse must be eligible in providing care to the community people. She/he must be professionally qualified and equipped with all the skills necessary to work in a community.
13. **Community health nursing services should be provided, irrespective of the age, sex, economic status and religion of people.**
    The community health nurse should not belongs to any particular group in the community. It is essential to maintain equity in provision of services.
14. **The individual and family are the basic units of community health services.**
    Individuals and family are considered as the subsystems of a community. The services provided to the individuals and family maintains the health status of the whole community.
15. **Good interpersonal relationships between nurse and key persons in community are essential.**

The influential persons in the community can make people to be more acceptable to the health service. It is very helpful in conducting mass health programs in community.

These are the principles that should be followed by a community health nurse during her/his work in community. However, the quality of care can be maintained by following these principles.

TRENDS IN COMMUNITY HEALTH NURSING

Trends in community health nursing are a part of overall trends in world. It is closely related to the demographical, social, economic, political and technological trends. Main trends in community health nursing field is shown as follows:

- Comprehensive health care services.
- Community health nurse works as a nurse practitioner.
- Intersectoral coordination.
- Quality assurance.
- Nursing audits in community health services.
- Evidence based practice.
- Protection of consumer rights.
- IEC (Information, Education and Communication) activities.
- Staff development programs.
- Primary health care approach and integrated care approach.
- Partnership for health by 21st century.
- Innovative approaches like Tele nursing.
- Community need assessment approach.

CHARACTERISTICS OF COMMUNITY HEALTH NURSING

Community health nursing has certain characteristic features:

- It is a field of nursing.
- It is the combination of public health with nursing.
- It is population focused.
- It emphasises on prevention of disease and promotion of health.
- It improves client responsibility on health.
- It uses aggregate measurements and analysis.
- It involves interpersonal collaboration.
- It uses principles of organizational theories.

FUNCTIONS OF COMMUNITY HEALTH NURSE (FIG. 2-1)

Community health nurse has to perform various functions according to the settings where she/he works. The major functions of community health nurse are categorized under following headings.

Administration

Administrative functions of community health nurse include:

- Supervision of subordinates.
- Staffing.
- Personnel and material management.
- Budgeting.
- Maintenance of records and reports.
- Participate in policy making.
- Recommendations for promotion and transfer.
- Program planning.
- Link between top level management and bottom level management through communication.

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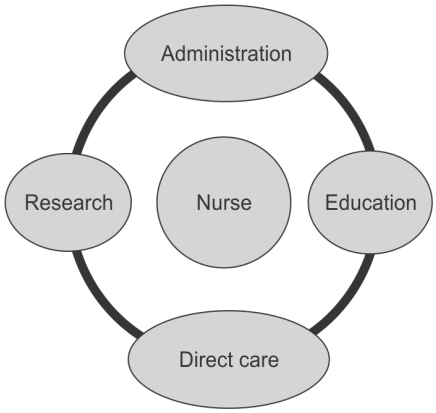

FIGURE 2-1: Functions of community health nurse

Direct Care

The community health nurse has to provide direct care to the people in various settings. It includes:

- Assessment of health status of individuals and family.
- Identification of needs and problems.
- Formulating nursing diagnosis.
- Planning of nursing care.
- Implementation of care to the individuals and family.
- Evaluation of care provided.
- Follow up.

Educational Functions

- Identify the level of knowledge of people.
- Plan and implement the individual and mass health education programs.
- Conduct and participate in staff development programs.
- Preparation and demonstration of audio-visual aids.
- Participate in collection, analysis and publications of vital statistics.

Research Functions

Research functions of community health nurse aims at improving health status of community people. The main functions are:

- Identification and clarification of client needs.
- Description of nursing interventions.
- Link with patient's needs and resources.
- Demonstration of effective interventions that produce appropriate outcomes.
- Cost analysis and documented cost effectiveness of services.
- Participate and promote EBP.

ROLES OF COMMUNITY HEALTH NURSE (FIG. 2-2)

The roles of community health nurse are varied and challenging. Throughout history the roles of community health nurse has changed to respond effectively to the prevailing community health problems. The roles have been dynamic and relied heavily on scientific principles.

The community health nurse plays a number of roles in care of people in community. The nurses have to perform different roles in different settings.

Advocate

Helping the clients in decision making regarding the treatment and type of services should be accepted. The nurse must act as an aid to make aware the patients about their rights.

Care Giver

The direct nursing care can be provided in home, health centers and special clinics based on the standing orders.

Counselor

Community health nurse has to help the individuals to cope with the crisis and adapt changes in the environment.

Case Finder

It is a responsibility of a nurse to identify the needed people in community and screening of risk groups.

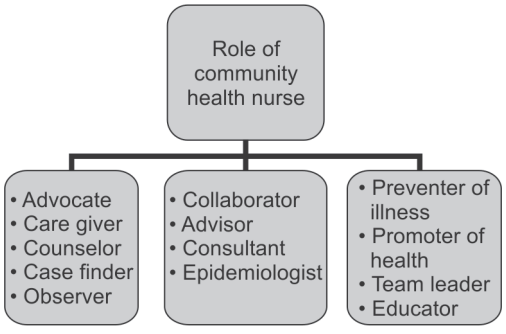

FIGURE 2-2: Role of community health nurse

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Collaborator

Co-coordinating the activities in community health services and collaborate with other health team members are essential for the success of a program.

Advisor

Community health nurse acts as an advisor to individual and family to give guidance and directions in health matters.

Consultant

Community health nurse has an active role in program planning and preparation of staff assessment formats.

Epidemiologist

The epidemiological methods can be utilized by a community health nurse to analyze the health problems among population and make interventions especially during epidemics.

Team Leader

Community health nurse has to make use of team building techniques and assist the community people to acquire skills in self care. The community health nurse must act as a leader while providing health care at community.

Educator

The main aims of community health services are health promotion and disease prevention. It can be obtained by making awareness in people, by providing health education.

QUALITIES OF COMMUNITY HEALTH NURSE

The community health nurse must have all the qualities mentioned below to become a successful caregiver in the community (FIG. 2-3).

COMMUNITY HEALTH NURSING PROCESS

Though the nursing process used in hospital settings is same for the community settings, the focus is community as a client. The community health nurse must be competent enough to follow through the steps of nursing process. Difference between hospital nursing and community health nursing is given in Table 1-1.

DEFINITIONS OF COMMUNITY HEALTH NURSING PROCESS

It is an orderly systematic way of determining the patients problems making plans to solve them, initiating the plan or assigning others to implement it, and evaluating extend to which the plan was effective in resolving the problems identified (Yura and Walsh, 1978).

It is a process by which nurses provide care to the community by considering it as a client is called community health nursing process.



FIGURE 2-3: Qualities of community health nurse

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Table 2-1: Difference between hospital nursing and community health nursing

Characteristics	Hospital nursing	Community health nursing
• Unit of service • Health focus • Range of service • Co-ordination • Legal authority • Medical authority • Autonomy • Source of data • Privacy • Professional relationship	• Focus on individual • Treatment • In one hospital • With health professional • Hospital managment • Physician • Restricted • Only from patient and care giver • Affected • Limited	• Family and individual • Promotion of health/prevention of illness • Instituitions in community • With all sectors in the community • Medical officer • Nurses • Enjoys autunomy • Variety of source • Protected • Wide range

It is a series of planned steps and actions directed towards meeting the needs and solving the problems of patients and their families in a systematic way.

So the community health nursing process is meant for care in community. It consists of a sequence of steps and it aims at improving health status of individuals, family and community (FIG. 2-4).

PHASES OF NURSING PROCESS IN COMMUNITY

Nursing process is continuous in nature and its components are interrelated. It consists of five phases (FIG. 2-5).

I. COMMUNITY ASSESSMENT/COMMUNITY IDENTIFICATION

In this phase community health nurse has to collect data, analyze it and identify the needs and problems of community people by using different methods of data collection. Data collection and interpretation are the important steps in assessment.

Definition

It refers to a state of comprehensive assessment of community in relation to its social, political, economical, physical and biological environment.

It is an organized and systematic process of collecting data from a variety of resources to analyze the health status of a patient, i.e. individual, family or community.

Methods of Data Collection

The data must consist of existing demographic information, geographical data, vital statistics, environmental factors, health service utilization and behavioral risk factors. This information can be collected through various methods such as interview, questionnaire, surveys, etc.

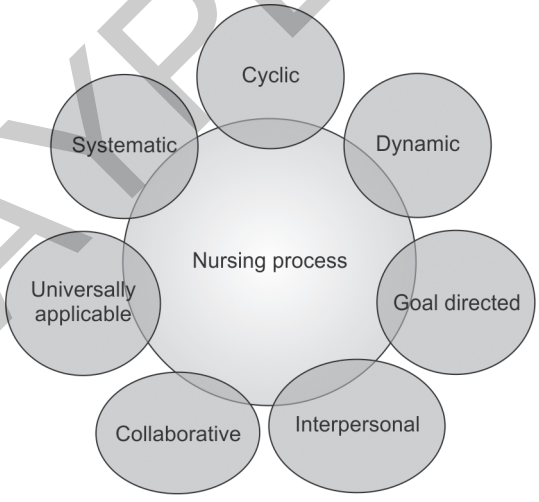

FIGURE 2-4: Characteristics of nursing process

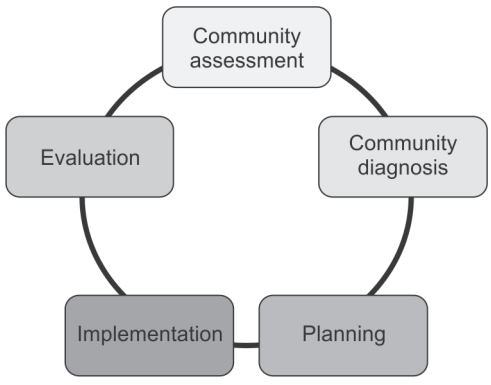

FIGURE 2-5: Phases of nursing process

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There are certain data which collect directly from community. The methods used to collect direct data are:

- Informant interviews.
- Focus group discussion(open discussion with small representative group).
- Participant observation.
- Windshield surveys(walk in surveys).

The community health nurse must develop skills in listening, observation, communication, interpersonal relationships, etc. for the effective interpretation of data.

II. COMMUNITY DIAGNOSIS

The word diagnosis came from a Latin word '*diagignoskien*' which means 'to know apart or distinguish.' Each prom identified during the phase of assessment must be clearly stated as a community health diagnosis.

Definition

Community diagnosis is defined as determining the patterns of health problem in a community, including factors which influence this pattern.

Community diagnosis clarifies the problems of community and the contributing factors of the problem.

Components of Community Diagnosis

According to Green and Slade (2001) the community health nursing diagnosis format involves three parts:

- Risk of
- Among
- Related to.

Example

Risk of diarrheal diseases among infants in a specific community related to poor environmental sanitation.

Categories Diagnosis in the Community

- Health problems
- Health service problems
- Environmental problems
- Actual and potential problems, etc.

III. PLANNING FOR COMMUNITY HEALTH NURSING CARE

Planning is the process of formulating the blueprint of actions to achieve the goals and objectives. It includes the anticipated decisions about implementation and evaluation. This phase consists of following actions:

a. Priorities the problems
b. Set the goals and objectives
c. Identify the nursing interventions activities.

The criteria for Prioritization of the problems are urgency and frequency of problem, awareness of people and feasibility of management.

Goals are generally broad statements of desired outcomes. Objectives are the precise statements of the desired outcomes. The goals and objectives must be established on collaboration with community people and health team members.

The nursing interventions are the strategies to meet the established goals and objectives. It is categorized as:

- Dependent interventions—Completely depend on the orders of physician.
- Interdependent interventions—Mutual planning with other health team members
- Independent interventions—Autonomy in planning of care.

Characteristics of a Nursing Care Plan

- Written by a qualified nurse.
- Initiated soon after the initial contact with community.
- Readily available.
- It contains all relevant information.

IV. IMPLEMENTATION

It refers to translate the plan into practice according to the principles of nursing. Implementation involves the activities aims at the achievement of goals and objectives. Nurse has to play a role of change agent in implementation phase.

The role of community health nurse in implementation stage includes:

- Coordinate members of health team and community.

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- Formulate the activity schedule for self and other staffs.
- Help the community to utilize their own potentials and other resources effectively.
- Encourage the community people to change or modify their behaviors into a healthy manner.
- Make the community aware of the existing health problems and the risk factors through health education.

V. EVALUATION

Evaluation is the assessment or appraisal or estimation or finding out of value of an organized program or activity. Evaluation starts in the phase of planning itself. The criteria used for comparing the progress of care are effectiveness, efficiency, adequacy, appropriateness, cost effectiveness, acceptability, accessibility, impact and quality.

Types of Evaluation

Nurses need to consider the availability and utilization of resources in the community as a part of evaluation. The evaluation can be formative or summative. In formative evaluation, the information collected during the early stages of program to modify the later stages. Summative evaluation determines whether the objectives of the program were met. Another type of evalution is based upon the process, structure and outcome of the program. Evaluation of these aspects explicits the real success of the program (FIG. 2-6).

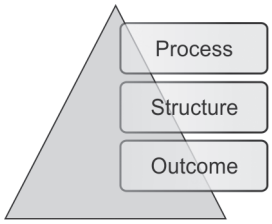

FIGURE 2-6: Type of evaluation

Process of Evaluation

It is necessary to identify what is to be evaluated, i.e. structure, process or outcome. The existing situation must be compared with the standards and criteria, to analyze the extend to which the objectives have met. There must be a format or method to gather information and analyze the results. The outcomes of evaluation are continuation of same service or modification of plan or resolution (i.e. no more service needed to solve a specific problem in community) (FIG. 2-7).

SUMMARY

Community health nursing process is an essential component of community health services. The nurse has to play a very important role in maintaining the health status of community people through the application of nursing process. The concept of community as a client is accepted in the field of public health everywhere. Nurses are the key personnel in dealing with the health needs and problems in a community.



FIGURE 2-7: Process of evaluation

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Textbook of
Community Health Nursing

This book differs from other textbooks as it covers the complete syllabus of Community Health Nursing prescribed by the Indian Nursing Council and the Health University for undergraduate students. Each chapter includes a Chapter Outline. The book contains numerous diagrams in every chapter for the easy understanding of points explained herein. Concise and readable while also rigorous and thorough, *Textbook of Community Health Nursing* grounds the readers in most relevant to the current health landscape and valuable keys to better understanding of health promotion, effective prevention, and community empowerment.

The author tried to keep the interest of readers alive with the organized content and being stick to the point. The first edition of this book offers detailed, comprehensive coverage of current and relevant issues in public health.



Georly George MSc (Community Health Nursing), MSc (Psychology) has completed her postgraduation in Community Health Nursing from Father Muller Medical College, Mangalore and her Master degree in Psychology from Madras University. At present, she is working as Associate Professor, Community Health Nursing Department, JDT Islam College of Nursing, Calicut, Kerala, India. She has presented several scientific papers in national and international conferences. She has a very good experience in the field of community health nursing and prospective for quality products of education in the field of community health nursing.

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