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Practical Record Book for Community Health Nursing

Name of the Institution: _____

_____

Name of the Candidate: _____

Manju John

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3. COMMUNITY HEALTH NURSING CONCEPT

INTRODUCTION

Community health nursing is one of the professions, which operates within the realms of community health and helps in meeting health and nursing needs of the community. It plays a very important and challenging role in promoting and protecting health of people. Unlike other specialties of nursing, community health nursing lays major emphasis on primary level prevention and focuses on the entire community.

DEFINITION

Community health nursing, a synthesis of both public health science and nursing science, is theoretically responsive to our prevailing ideas of social justice and the methods of distributing healthy care resources as chosen by the community (Archer Se 1982).

PHILOSOPHY

1. **Philosophy of individual's right of being healty:** All humans having some nationally and internationally rights. The health care delivery system provides care to the people according to his/her rights.
2. **Philosophy of working together under a competent leader for the common good:** From child to adult, period, we are living together and fulfil the need, and in community health it is important to work together and understand needs of other people and fulfil their needs.
3. **Philosophy that people in the community have potential for continued development and are capable of dealing with their own problems, if educated and helped:** Every individual having own intelligence can lurk and deal with his/her needs. So based on this philosophy given on health education to individuals, they are capable for self-care.
4. **Philosophy of socialism:** All individuals live in society and society provides facility for production, distribution, e.g. food, housing, material production, education, health, transportation, etc. so without society and community individuals will not survive properly. Society and political system are responsible to plan and organize a system to provide services to all.

OBJECTIVES

1. **To increase capability of community and to deal with their own health problems:** Increased by imparting adequate and desirable information and well-planned health education services for community at large and specific community groups on various health problems, health issues and topics.
2. **To strengthen community:** Resources—community resources include manpower, money, material, their development, distribution and utilization. Lack of resources, imbalanced distribution and improper utilization of resources have diverse impact on community health.
3. **To control and counteract environment:** This includes environment protection measures and changing reaction to environment when some protection measures are not feasible.

4. **To prevent and control communicable and non-communicable diseases:** This includes application of three levels of preventive measures for various health problems. These are primary level, secondary level and tertiary level measures.
5. **To provide specialized services:** To provide specialized services for mothers, children, adults, workers, elderly, handicapped and eligible couples.
6. **To conduct research:** To conduct research to build-up knowledge and contribute to further refinement and improvement of community health practice.
7. **To prepare** community for community health care services.

PRINCIPLES

Community health nursing is community focused, it is therefore essential to know the defined community, make a map and establish effective working relationship: Community area; boundaries, important landmarks, people in general, community leaders, lifestyle, their resources, because this is important to easily assessment, so for this, map is very important to show the various places, which are present into community.

Community health nursing is based on identifying community health nursing needs and function within total community health program. Community health nursing must know the community needs and know the health care delivery system, health policy, health goals and objectives, health care programs, role of health personnel in various programs.

Health education, guidance and supervision are integral part of community health nursing. Health education is very important, it helps to improve health knowledge and skills and also improves positive attitude. Health teaching should be simple, understandable, specific, scientifically correct and practical value. Health service should be realistic in terms of available resources. Always plan, then provide service to the people based on health needs, money, material, man power. The health worker is accountable to the authorized health authority and functions within the policies, general goals and objectives set by the health agencies. Community health nurses or other health workers are employee of the central, state cooperation, municipality, local board, private or voluntary health agencies. They must function with the officer in charge. Effective health worker irrespective of position or place of work, functions as a team member. Team work is very important for providing adequate care. Community health nurses cooperate with other health worker and do the work easily and to maintain good relationship with the dais, anganwadi workers, ANM, etc.

In community health, community is in focus and then the individual, which is the unit of all health care services. People's health is influenced by various factors such as biological, lifestyle, environmental and resources. Family, not alone, is because with family setting, people having less anxiety, so focus on community than individual.

Professional relationship and etiquette are essential in community health services. Professional relationship is maintained with block development officer, ayurvedic, unani, homeopathic dispensaries, panchayat, voluntary organization, doctors, dais, anganwadi workers.

Community involvement is integral part of community health nursing practice. If community health nurse wants to provide good care in community in this condition, community involvement is very necessary because resources are not available to every person, so community involvement is necessary, e.g. village pradhan, panchayat member, block development officers, leader, religious group, teachers, mothers, elderly men and women and other family members.

Individual and families participate fully in all decision making relating to attendant of work. All family members and all community members are responsible for their own health, so it is important to take serious concern for own health and all family members fully participate with community health nurse for restoring health.

Continuous service is effective service and community health nurse must provide continuous health service. Community health nurse provides continuous care and observation.

Well-developed system of records and reports is essential for community health service. Records and report are very important by this community health nurse to maintain data of the patient and evaluate patient's condition easily.

Periodic and continuous appraisal and evaluation of health situation and health services are basic to community health nurse; health needs and problems change time to time and person to person so, time to time periodic and continuous assessment is very necessary.

Health services should be available and accessible to all without any discrimination. Every individual has a right to attain optimum health. Community health nurse should provide same care to all individuals without discrimination of color, caste and race.

Health worker should be non-political, non-sectorial in his and her relationship. Community health nurse should not be involved in politics and religion with differentiation, but she can respect all religions and understand all policies and not involved personally in all that.

Health worker must maintain professional dignity and must never accept any gift or bribe. Community health nurse must maintain professional relationship.

GOALS AND FUNCTIONS OF COMMUNITY HEALTH NURSE

- Care provider
- Sensitive observer
- Educator
- Advocate
- Concern advisor
- Change agent
- Manager
- Planner
- Organizer
- Director and coordinator
- Controller and evaluator
- Leader
- Collaborator
- Researcher.

Conceptual Framework

Conceptual framework/models are usually developed on the basis of either theories or assumptions and beliefs pertaining to the subject concerned.

Community health determinants.

- Human biology
- Lifestyle
- Environment
- Health resources
- Scope of community health nursing.

The scope of community health nursing that encompasses the goals and aims of community health services is the priority practice or service the focus of these priority practices and practice levels.

The goals and aims

- Promote and preserve health.
- Restore health.
- Improve quality life.

The priority practices

Community health programs are based on three classic levels of prevention (Level and Clark 1965). They are:

1. *Primary prevention:* Focuses on health promotion and prevention of disease or injury. Examples of primary prevention activities include child care clinic, immunization program, safety program, nutrition program.
2. *Secondary prevention:* Focuses on screening and early diagnosis of disease. Example of secondary intervention include tuberculosis and lead screening program.
3. *Tertiary prevention:* Focuses on optimizing function for children with disabilities or chronic diseases. Tertiary intervention includes rehabilitation and disease management program for asthma, sickle cell disease, cancer, anorexia, etc.

The focus on practice level

Community health nursing, which is nursing aspect of organized community health practice, committed to goals of community health. It helps in achieving these goals by providing comprehensive health and nursing care services to the entire community. Thus community is the focus of the community health services.

CONCEPT OF CONTROL

- Disease control
- The incidence of disease
- The duration of disease
- The effect of infection
- Financial burden in the community.

Control activity focuses a primary prevention or secondary prevention. Most control programs combine the two, i.e. concept of control or concept of prevention.

PRINCIPLES OF EARLY DISEASE DETECTION

- The condition sought should be an important health problem
- There should be an accepted treatment for patient with recognized disease
- Facilities for diagnosis and treatment should be available
- There should be a recognizable latent or early symptomatic stage
- There should be a suitable test or examination
- The test should be acceptable to the population
- The natural history of the condition including development from latent to declared disease should be adequately understood
- There should be an agreed policy on whom to treat
- The cost of case finding should be economically balanced in relation to possible expenditures on medical care as a whole
- Case finding should be a continuing process and not a once and for all project.

ASSIGNMENT–14 : PRIMARY PREVENTION

1. **What is primary prevention?**

2. **Discuss briefly strategies involved in primary prevention.**

3. **Discuss nursing intervention in primary prevention of communicable disease within the community.**

4. Discuss nursing intervention in primary prevention of non-communicable disease within the community.

ASSIGNMENT–15 : SECONDARY PREVENTION

1. **What do you understand by secondary prevention?**

2. **Discuss briefly about secondary prevention.**

3. **Discuss nursing intervention in secondary prevention of communicable disease within the community.**

4. **Discuss nursing intervention in secondary prevention of non-communicable disease within the community.**

ASSIGNMENT–16 : TERTIARY PREVENTION

1. **What is tertiary prevention?**

2. **What is disability limitation? Write down various types of rehabilitative aspects.**

3. **Define rehabilitation. Write down various types of rehabilitative aspects.**

4. Discuss nursing role in tertiary prevention.

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Practical Record Book for Community Health Nursing

Salient features

- A procedure book presented with lucid language and in simple style.
- Indian Nursing Council syllabus-oriented practical record book for community health nursing.
- Covers all important aspects required for community health nursing students.
- An effective and updated book.
- Helpful to all nursing students, nursing educators, community health nurses, public health nurses and all those involved in community health service.



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