eebrothers.com, for detailed information on nursing books, visit our website www.jaypeebrothers.com, for detailed information on nursing boo





NURSING

Handbook of Community Health NURSING



Lakshmanan Mohan

Foreword
S Kanchana



Contents

1. Assessment of Various Age Groups-I **1**

Newborn Assessment 1
- Identification Profile 1
- Anthropometric Measurement 1
- Vital Signs 1
- General Assessment 2
- Role of Nurse 3

Infant Physical Assessment 3
- Identification Profile 3
- Developmental Milestones 4
- Anthropometric Measurement 4
- Head to Foot Assessment 5
- Systematic Assessment 5
- Immunization 5
- Inference 6
- Role of Nurse 6

Toddler Assessment 7
- Identification Profile 7
- Developmental Milestones 7
- Anthropometric Measurement 7
- Vital Signs 7
- Head to Foot Assessment 7
- Systematic Assessment 8
- Immunization 8
- Inference 8
- Role of Nurse 8

Pre-schooler Assessment 9
- Identification Profile 9
- Developmental Milestones 9
- Anthropometric Measurement 10

Infant and Children Protein-Energy Malnutrition Assessment 10
- Early Detection and Referral of Children with Malnutrition 10
- Vital Signs 10

- Head to Foot Assessment 11
- Inference 11
- Role of Nurse 12

School Going Assessment 12
- Identification Profile 12
- Developmental Milestones 12
- Anthropometric Measurement 13

Children Protein-Energy Malnutrition Assessment 13
- Early Detection and Referral of Children with Malnutrition 13
- Vital Signs 14
- Head to Foot Assessment 14
- Systematic Assessment 14
- Immunization 14
- Inference 15
- Role of Nurse 15

Adult Assessment 15
- Identification Profile 15
- Anthropometric Measurement 16
- Gomez Classification 16
- Vital Signs 16
- Head to Foot Assessment 16
- Systematic Assessment 17
- Inference 17

Antenatal History Format 17
- Demographic Profile 17
- Obstetric History 18
- Family History 19
- Medical-Surgical History 19
- Nutrition 19
- Partner's Health History 19
- Psychosocial History 20
- Antenatal Examination 20
- Head to Foot Examination 20

Intranatal Assessment Format 22
- Identification Data 22
- Present Obstetric History 23
- Antenatal History 23
- Past Obstetric History 23
- Physical Examination 23
- Vital Signs 24
- Mental Status 24

Postnatal Assessment 26
- History 26
- Medical/Surgical History 27

Nursing Care of Elderly in Emergencies 30
- Assessment and Interventions to be Carried out in Emergency 30
- Fluids 31
- Aeration 32
- Nutrition 32
- Communication 32
- Activity 33
- Pain 34
- Evaluation 34
- Socialization 35
- Mental Health 35

2. Community Nutrition **37**

Menu Planning 37
- Explanation of Terms 37
- Five Food Group System 39
- Planning Diets 41

Healthy Diet 51
- Key Facts 51
- Overview 51

3. Minor Ailments and Home Remedies **55**
- Household Cures 55

4. Individual, Family, Community and Wellness Diagnoses **64**
- Definitions 64

5. Checklist **69**

Checklist for Conducting Normal Delivery (Second Stage of Labor), Essential Newborn Care and Active Management of Third Stage of Labor 69
Checklist for Newborn Resuscitation 77
Checklist for Breastfeeding 78
Checklist on Family Planning Counseling 79
Checklist for Gestational Age Estimation 83
Checklist for Administrating Injection $MgSO_4$ for Initial Management of Eclampsia 85
Checklist for Management with Intravenous and Intramuscular Dose 86

Checklist for Management of PPH due to Retained Placenta 89
Checklist for Management of PPH due to Atonic Uterus 90
Checklist for Abdominal Examination 91
Checklist for Preparation of Labor Room 93
Checklist for Kangaroo Mother Care 95

6. Formats **96**
Community Survey Questionnaire 96
✦ Part A: Socioeconomic and Demographic Profile 96
✦ Part B: Village Profile 99
Family Case Study 99
✦ Growth and Development 100
School Health Record 103

7. Procedure **105**
Vaginal Examination 105
✦ Checklist for Vaginal Examination during First Stage of Labor 105
BP Recording 106
✦ Checklist for Blood Pressure Recording 106
Hb Estimation 107
✦ Checklist for Hemoglobin Estimation 107
Urine Testing for Protein and Sugar 109
✦ Checklist for Urine Testing 109
Bag Technique 110
Dementia Scale 113
✦ Blessed Dementia Scale 113
✦ Changes in Performance of Everyday Activities 113
✦ Changes in Habits 113
✦ Changes in Personality, Interest, Drive 114
Mini Mental Status Examination 115

8. Strategies to Control Emerging Diseases **116**

9. Miscellaneous **122**
✦ Medical Abbreviation 123
✦ Nursing Emergency Kit 124

Index *125*

4 Individual, Family, Community and Wellness Diagnoses

INTRODUCTION

Creating nursing diagnoses requires the application of detailed assessment skills, critical thinking, and decision making. The formulation of nursing diagnoses is related to competency in diagnostic reasoning which students begin in their first year.

DEFINITIONS

A diagnosis is a statement that synthesizes (brings together) assessment data. It is a label that describes a situation (or state) and implies an etiology (reason) and gives evidence to support the inference.

- Caregiver role strain related to caring for family member with diabetes mellitus
  - Assess the caregiver stress level
  - Explain the progressive nature of the diseases
  - Instruct the caregiver to encourage client to participate in social and self-care activity
  - Facilitate the family meeting to help the primary caregiver seek assistance from other family members
  - Help the caregiver contact informal sources of support, such as religious groups, extended family, and community volunteers for support and relief
- Ineffective community coping related to increased level of teen pregnancy
  - Assess the teenager's knowledge about sex and sexuality to determine their education needs.
  - Work with schools to develop pregnancy prevention programs
  - Work closely with individual pregnant adolescents to assess their needs and provide care
  - Plan for an outreach program to raise community members awareness of the need to approach teen pregnancy as a community problem
  - Conduct mass health education programs

JAYPEE BROTHERS

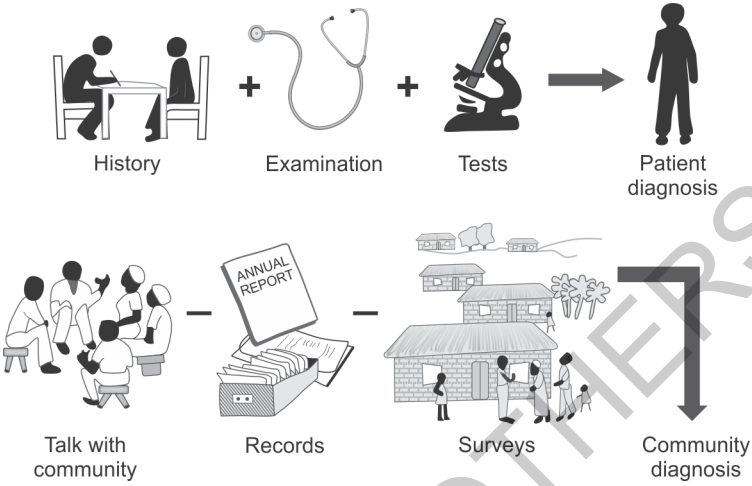

Fig. 1: Steps of nursing care in community.

- Readiness for enhanced community coping related to immunization
  - Assess the potential problems associated with inadequate immunization
  - Identify new members of the community such as immigrants, to help reach parents who need information on immunization
  - Provide extensive health education on communicable diseases and its importance of immunization
  - Contacts the parents of children who are not immunized person
  - Provide immunization information in parents first language to overcome a lack of understanding caused by language barriers.
- Anticipatory grieving related to the need for hospice care
  - Assess the client and his family members psycho-social status
  - Clarify their all queries
  - Check vital signs periodically and note the complicated sign
  - Encourage the client to make simple decisions related to his care
  - Explain the client and family members about pain control, comfort measures, diet etc.
  - Support the client spiritual coping behavior.
- Delayed growth and development related to environmental and stimulation deficiencies
  - Assess the psycho-social status
  - Help teachers, staff members, and administrators identify students who may at high risk

JAYPEE BROTHERS

  - Educate teachers about each students condition and about the adaptation needed in the classroom
  - Encourage parents, teachers and staff members to identify socially skilled children and to encourage the children to participate in group activities
  - Work with parents and teachers to initiate activities among children that encourage interaction in small groups.
- Risk for infection related to home infusion therapy
  - Assess the health status of the client
  - Provide care in systematic way
  - Ensure the patient and caregiver understand the purpose of treatment and enlist the participation throughout the therapy
  - Provide emotional support
  - Provide all necessary supplies
  - Emphasize the importance of safety precaution
  - Explain about the management of complication
- Risk for infection related to increase incidence of tuberculosis
  - Assess for a history of exposure to tuberculosis. Or physical evidence of exposure
  - Refer the high risk individual to the nearby PHC
  - Emphasize the need to take drugs exactly as prescribed
  - Teach the client about the potential effects of medication to encourage the client to recognize and report adverse effect promptly
  - Teach about the safety precautions to be followed.
- Deficient knowledge related to familiarity with managed care
  - Assess the educational status of the client
  - Provide a simple explanation of managed care
  - Explain about the positive and negatives outcome of the illness
  - Encourage clients to ask questions and clarify it
  - Reassess the client knowledge.
- High risk for infection related to poor environmental sanitation
  - Assess the environmental surrounding
  - Teach about the cleanliness of the community
  - Educate them to avoid open drainage system
  - Advice the people to keep the utensils and vessels closed
  - Encourage to drink boiled water
- Infective community therapeutic regimen management related to drug and alcohol abuse among teenagers
  - Assess the demographics of the population
  - Assess the prevalence of the health problems

JAYPEE BROTHERS

  - Work with Accredited Social Health Activist (ASHA), Anganwadi teachers and leaders to make awareness of the drug abuse
  - Encourage the youth association to emphasize the importance of alcohol and its impact among alcoholics
  - Counsel and do mass health education in the community.
- Imbalanced nutrition less than body requirement related to lack of resources or knowledge
  - Assess the nutritional status of the client
  - Draw a menu plan
  - Advice the client to have high protein and calorie rich diet
  - Check the weight of the client
  - Provide small and frequent diets.
- Pain management
  - Assess the pain characteristic of pain
  - Advice to have healthy diet
  - Avoid heavy weight lifting
  - Psychological support
  - Hot and cold application.
- Sleep pattern disturbance
  - Assess the sleep pattern of the client
  - Advice to avoid day time sleep.
  - Provide calm and quite environment
  - Provide warm milk before sleep
  - Advice to void before go to bed.
- Activity intolerance
  - Assess the activity of the client
  - Advice the family members to assist the client
  - Encourage to do mild activities
  - Client should take adequate rest
  - Keep the need things near him/her.
- Risk for suicidal tendency related to poor family support
  - Assess the psychological status of the client
  - Do mental status examination
  - Provide psychological support
  - Educate the family to support the client
  - Refer to hospital.
- Ineffective airway clearance related to increased secretion
  - Assess the general condition
  - Check the respiratory rate
  - Comfortable position with devices
  - Advice to avoid exposure to cold
  - Provide thulsi extract.

JAYPEE BROTHERS

- Hyperthermia related to infection
  - Assess the general condition
  - Check the temperature
  - Tepid sponge for adults/cold compress for child
  - Advice to consume boiled water
  - Administer medication as per standing order.

JAYPEE BROTHERS

for detailed information on nursing books, visit our website www.jaypeebrothers.com, for detailed information on nursing books, visit our webs

Handbook of Community Health NURSING

The *Handbook of Community Health Nursing* would be utilized during the urban and rural area posting. This book includes various assessments of various age groups, minor remedies and its home management, nutritional assessment, formats such as community survey, school record and family case study, checklists for procedure and strategies to control emerging diseases.

Salient Features

- Adheres to Indian Nursing Council (INC) syllabus
- Home remedies can be carried out during home visit
- Checklist will be useful for the students to do examination in systematic and organized way
- Guide the students to formulate the nursing diagnosis on individual, family and community
- Nursing emergency kit, medical abbreviation and invention are given at the end of the book.

Lakshmanan Mohan MSc (Community Health Nursing) is working as a Lecturer at Sitabai Nargundkar College of Nursing, Nagpur, Maharashtra, India, affiliated to Indian Nursing Council. He has 12 years of teaching experience. His areas of interest are research and community health nursing.

Available at all medical bookstores
or buy online at www.jaypeebrothers.com



JAYPEE BROTHERS
Medical Publishers (P) Ltd.
www.jaypeebrothers.com

Join us on facebook.com/JaypeeMedicalPublishers

