Contents

1. Historical Perspective of Community Health Nursing in Developed Countries 1

- Evolution of Community Health Nursing *1*
- Other Services *5*
- Organizations for International Health *7*
- Agencies for International Development—1961 *7*
- Community Health Nursing (1970) *8*
- Societal Influences in Community Health Nursing *9*
- Current Status of Community Health Nursing *9*
- Milestones in History of Public Health and Community Health Nursing (1600–1865) *9*

2. Historical Perspective of Community Health Nursing in India 10

- Definitions of Public Health *10*
- Definitions of Community Health Nursing *11*
- Health Departments and Community Health Nursing *12*
- Millennium Development 8 Goals (MDG) 2000–2012 *14*

3. Concepts of Health and Theoretical Approaches in Community Health Nursing 15

- Concept of Health *15*
- Components of Health *16*
- Changing Concepts *16*
- Community Health *17*
- Dimensions of Health *22*
- Determinants of Health *23*
- Preventive Approaches to Health *25*
- Health Responsibilities for the General Public *26*
- Principles of Community Health Nursing *27*
- Principles of Community Health Nursing (Mnemonic) *29*
- Goals of Theoretical Nursing Models *33*
- Interdisciplinary Approaches/Theories *37*

4. Family Health Nursing 44

- Importance of Family Health Service *44*
- Nursing Process in Family Health *49*
- Theoretical Approaches in Family Health Nursing (White and Klein, 2002) *50*
- Family Coping Index *51*
- Directions for Scaling *52*
- Scaling Cues *53*

5. Evolution of Healthcare System in India 58

- Evolution of Healthcare System in India *59*
- Analysis of Recommendations of Various Expert Committees *62*
- Five Year Plans *67*
- Central Council of Health *87*
- The Organization at State Level is Under the State Department of Health and Family Welfare in Each State Headed by a Minister and with a Secretariat *88*

6. National Health and Family Welfare Programmes and the Role of Nurse 90

- National Health and Family Welfare Programmes and the Role of Nurse *90*
- All the Health Programmes *91*
- Vertical Prgrammes *92*
- Horizontal Programmes *92*
- Acute Respiratory Infection Control Programme *93*
- National Tuberculosis Control Programme (National Tuberculosis Elimination Programme) *94*
- National Anti-malaria Programme *96*
- National Filaria Control Programme *99*
- National Guinea-worm Eradication Programmme *100*
- National Leprosy Control and Eradication Programme *101*
- National AIDS Control Programme *103*
- National Sexually Transmitted Diseases Control Programme *105*
- National Programme for Control of Blindness *106*
- Goitre Control Programme (IDD) *107*
- Expanded Programme on Immunisation (EPI) *108*
- National Family Welfare Programme *108*
- Reproductive and Child Health Programme *111*
- National Water Supply and Sanitation Programme *112*
- Minimum Needs Programme *113*
- Diabetes Control Programme *113*
- National Polio Eradication Programme *115*
- National Cancer Control Programme *116*
- Yaws Eradication Programme *117*
- National Nutritional Anaemia Prophylaxis Programme *118*
- 20-Point Programme *119*
- ICDS Programme *120*
- Mid-day Meal and Applied Nutrition Programme *121*
- Applied Nutrition Programme *122*
- National Mental Health Programme *123*
- National Anti-diarrhoeal Diseases Control Programme *125*
- Universal Immunization Programme *126*
- Maternal Child Health Programme *130*
- National Rural Health Mission *132*
- School Health Programme *134*

7. Community Development 141

- Activities of Community Development Programme *142*
- Block Organization *142*
- Community Development—Principles and Basic Elements *142*
- Community Development Programme *144*
- List of Various Rural Development Schemes in India *144*

8. Community Organization 149

- Community Organization *149*
- Community Participation *153*
- Identification of Local Leaders *156*
- Role of Organizer in Community Organization *158*

- Roles of Leaders *158*
- Guidelines for the Field Visit *158*

9. Community Diagnosis **160**

10. Civil Administration **165**

- Suggested Municipal Functions *166*
- Common Functions *166*
- Sources of Income *167*
- Health Organizations in Rural Areas *167*
- Corporation *168*

11. Nutritional Problems and Practical Nutrition **173**

- Nutritional Problems in India *174*
- Problem of Protein-Energy Malnutrition *178*
- Dietary Management of PEM *180*
- Vitamin 'A' Deficiency *182*
- Low Birth Weight *190*
- Nutritional Anaemia *193*
- Iodine Deficiency Disorders *196*
- Thiamine Deficiency *197*
- Pellagra: Niacin Deficiency *197*
- Endemic Fluorosis *198*
- Lathyrism *198*
- Adult Consumption Unit *204*
- Assessment of Nutritional Status *204*
- Assessment of Nutritional Status Methods *205*
- Nutrition Assessment Guidelines *209*
- Methods of Finding Out the Food Value for Cereals and Pulses *209*
- Food Exchanges *210*
- Nutrition Programmes in India *212*
- Chief Minister Noon Meal Programme (CMNMP) *213*

12. Communication Management and Health Education **215**

- Meaning of Communication *216*
- Behavioural Change Communication *222*
- Health Education *224*
- Public Health Approaches *226*
- Health Education versus Propaganda *228*
- Principles of Health Education *228*
- Practice of Health Education *231*
- Methods of Group Teaching *232*
- Audio-visual Aids *247*
- Sources of Information on Educational Media *250*
- Cone of Experience *250*

13. Community Health Nursing Process **252**

- Major Steps in Community Nursing Process *253*
- Characteristics of the Nursing Process *254*
- Components of Nursing Process *256*

- Promotion of Health *260*
- Assessment of Self and Family in the Community *260*

14. The Home Visit and Bag Technique 261
- Assessment of Self and Family in the Community *261*
- Qualities of Community Health Nurse *265*

15. Epidemiology and Control of Communicable Diseases and its Importance 267
- Small Pox (Variola Virus) *267*
- Chickenpox (Varicella Virus) *268*
- Measles *268*
- Influenza *269*
- Rubella/German Measles *270*
- ARI and Pneumonia *272*
- Diphtheria *275*
- Pertussis/Whooping Cough *275*
- Meningococcal Meningitis *278*
- Tuberculosis *280*
- Severe Acute Respiratory Syndrome (SARS) *282*
- Poliomyelitis *284*
- Viral Hepatitis *286*
- Acute Diarrhoeal Diseases *287*
- Typhoid Fever *289*
- Food Poisoning *289*
- Amoebiasis *291*
- Hookworm Infestation *292*
- Ascariasis *293*
- Dracunculiasis (Guinea Worm Disease) *295*
- Dengue *297*
- Malaria *298*
- Filaria *301*
- Rabies *303*
- Japanese Encephalitis *305*
- Plague *307*
- Anthrax *308*
- Leptospirosis *310*
- Taeniasis *311*
- Trachoma *312*
- Tetanus *314*
- Leprosy *316*
- Sexually Transmitted Diseases *316*
- Yaws *318*
- AIDS/HIV *319*
- Chikungunya *322*
- COVID-19 *324*
- Malnutrition *326*
- Marasmus *327*
- Kwashiorkor *328*
- Obesity *329*
- Anaemia *332*

- Hypertension *333*
- Stroke *334*
- Rheumatic Heart Disease *336*
- Coronary Artery Disease *337*
- Cancer *339*
- Diabetes Mellitus *342*
- Blindness *344*
- Mental Illness Basics *346*
- Iodine Deficiency Disorders *346*
- Fluorosis *351*
- Epilepsy *352*

16. Introduction to Epidemiology: Epidemiological Approaches and Processes 358

- History of Communicable Diseases *359*
- Natural History of Diseases *359*
- Definition of Terms *360*
- Epidemiological Triad *362*
- Disease Cycle *363*
- Disease Transmission *364*
- Epidemiological Approach *367*
- Historical Background of Epidemiology *369*
- Concept of Community Health in Levels of Prevention *372*
- General Measures in Prevention of Infectious Diseases *373*
- Mortality and Morbidity Measurements *377*
- Methods of Epidemiology *377*
- Experimental Studies *383*
- Uses of Epidemiology *385*
- Integrated Disease Surveillance System *386*

17. School Health and its Components 389

- An Overview of School Health Programme *389*
- School Health Committee *390*
- Efforts by Central Government *391*
- National School Health Scheme *391*
- Bhore Committee (1946) and School Health *392*
- School Health Committee Recommendations (1960) *392*

18. Voluntary Agencies 400

- Health Agencies *400*

19. Maternal and Child Health 411

- Evolution of MCH *412*
- MCH Services During 1980 to 1990 *412*
- Importance of MCH Services *413*
- MCH Problems *413*
- Safe Motherhood Interventions *418*
- Newborn Care *429*
- Under-fives Clinic *441*
- Indicators of Health *442*
- Mid-decade Goals for India *443*

- Child Health Services and Programmes Related to MCH *444*
- Reproductive and Child Health Programme *447*
- Anaemia Control Programme *451*
- National Nutritional Anaemia Prophylaxis Programme *451*
- Pulse Polio Immunization in India *456*
- The Cold Chain Equipments *466*
- Recording and Monitoring of Storage Temperature *467*
- Maintenance of Equipments *467*
- Fifteen-point Programme for Child Welfare *471*
- Integrated Child Development Scheme (ICDS) *472*
- Integrated Approach to Management of Childhood Illness (IMCI) *473*
- Rashtriya Bal Swasthya Karyakram (RBSK)—2014 *487*
- National Rural Health Mission *487*
- Maternal Mortality *495*
- Child Mortality *496*
- Neonatal Mortality Rate (NNMR) *496*
- Prevention of IMR *502*
- Child Mortality Rate (CMR) *503*

20. Family Planning 507

- Demographic Trends *508*
- National Population Policy (1976) *512*
- National Population Policy 2000 (Revised) *513*
- Family Welfare Programmes *519*
- Family Planning/Welfare Methods *519*
- Family Planning 2020 (FP 2020) *528*
- Family Welfare Programme *529*
- The Balanced Counselling Strategy *535*

21. Healthcare Delivery System 539

- Current Criticism of Healthcare Services *540*
- Structure of Healthcare System *541*
- Structure and Required Health Services *542*
- Central Council of Health *543*
- Activities of ROME *545*
- Model of Healthcare Delivery System *552*
- Comprehensive Health Care *554*
- Primary Health Care in India *556*
- Activities of Nutrition Workers for 1000 Population *560*
- Orientation of Traditional Birth Attendants (Dais) *561*
- National Rural Health Mission *564*
- Who is ASHA? *565*
- Indian Public Health Standards (IPHS) *565*
- Private Hospitals *567*
- National Health Mission *569*
- Ayushman Bharat *570*
- Comprehensive Primary Health Care through Sub-centre/Health Wellness Centre *572*
- Mobile Medical Unit *574*
- Financial Management and Accounting and Computing at Health Centres *575*

- Skilled Birth Attendant *576*
- Adolescent Health *577*
- Under NRHM Scheme (Tamil Nadu) *578*
- Rashtriya Kishor Swasthya Karyakram (RKSK) *581*

22. Primary Health Care 586
- Genesis of Primary Health Care *586*
- Health for All *588*
- Primary Health Care *588*
- Health Policy *591*
- Healthy People 2010: Focus Areas *600*

23. Roles and Responsibilities of Field Functionaries 604
- Job Responsibilities *604*
- Duties and Responsibilities of District MCH Officer *606*
- Job Description of Medical Officers of Primary Health Centres *607*
- Job Responsibilities of Multipurpose Health Worker (Male) *614*
- Duties of Multipurpose Health Worker (Female) *616*
- Job Responsibilities of Multipurpose Health Supervisor (Male) *618*
- Job Responsibilities of Multipurpose Health Supervisor (Female) *619*
- Job Responsibilities of Staff Nurse (Nursing Officer) at PHC *621*
- Job Descriptions of Computers at PHC Level *622*
- Duties and Responsibilities of the Block Health Supervisor *623*
- Job Description of Community Health Nurses at Block Level *629*
- Job Functions of Community Nutrition Workers (ICDS)/CHV/Anganwadi/ASHA *633*

24. The Socio-cultural Factors and Social Issues that Affect Health and Disease 635
- The Cultural Factors in Health and Disease *635*
- Variables Influencing Health Beliefs and Practices *636*
- External Variables *637*
- Socio-cultural Values of Disease and Illness *639*
- Social Issues Affecting Health *640*
- Substance Abuse *641*
- Commercial Sex Workers *644*
- Trauma Care Services *645*
- Old Age Homes *646*
- Orphanage *646*
- Home for Destitute *647*
- Rules for Management of Welfare Homes *648*

25. Treatment of Minor Ailments, First Aid and Standing Orders 652
- Policy of the Agencies *653*
- Nurses Responsibility *653*
- Suggested Standing Instructions for Health Workers *653*
- First Aid and Types of First Aid *672*
- Basic First Aid Treatment *672*
- The Basic First Aid Procedures for Common Emergency Scenarios *672*
- Burns and Scalds *672*
- Heart Attack/Chest Pain *673*
- Major Cuts *673*

- Heat Stroke *674*
- Fractures *674*
- Electrocution *675*
- Bites/Stings *675*
- Choking *676*
- Seizures *676*
- Eye Trauma *676*

26. Food Hygiene and Prevention of Food Adulteration 677
- Milk Hygiene *679*
- Meat Hygiene *681*
- Food Adulteration *685*

27. Fairs and Festivals and Bio-medical Waste Management 690
- Attention should be Made in the Following Factors *691*
- Effectiveness of Sanitary Rule *692*
- Responsibilities of the Health Authority *693*
- Health Education *693*
- Bio–medical Waste Management *693*
- Bio-medical Wastes *694*
- Waste Generated from Healthcare Units *696*
- Basic Principles of Infection Control *698*

28. Occupational Health and Rehabilitation 700
- Preventive Measures of Occupational Diseases *701*
- Factories Act *702*
- The Employees State Insurance Act, 1948 *702*
- Rehabilitation *704*

29. Management of Delivery of Community Health Services 714
- Manpower Planning as per Indian Public Health Standards *714*
- Ingredients of Health Manpower Planning *715*
- Development of Health Manpower Plans *716*
- Village Health Sanitation and Nutrition Committees *718*
- Activities for which Funds are Received and Spent *719*
- Records *721*
- Reports *725*
- Type of Reports *726*
- Legal Implications in Record Maintenance *726*

30. Geriatric Health Care 728
- Geriatric Care in Health Care *728*
- Importance of Geriatric Care *728*
- National Programme of Health Care for the Elderly in India *728*

31. Mental Health Disorders 731
- Types of Mental Disorders *731*
- Impact of Mental Disorders *731*
- Causes of Mental Illness *731*
- Services for Mentally Ill Patients *732*
- National Mental Health Programme *732*

- District Mental Health Programme *733*
- National Mental Health Policy *733*
- National Mental Health Act *736*

32. Evaluation in Health Services 737
- Historical Overview *737*
- Modern Concept of Evaluation *738*
- Principles of Evaluation *738*
- Need for Evaluation *738*
- Programme Evaluation *739*
- The Methods of Programme Evaluation *739*
- Programme Evaluation: PERT *740*

33. Town Planning and Housing 746
- Planning *746*
- City and Town Planning *746*
- Main Goal or Aim of Town Planning *747*
- Objectives of City and Town Planning *747*
- Principles of Town Planning *748*
- Town Suffers in Absence of Town Planning *748*
- Duties and Powers of Town Planning Officer *748*
- Planning a New Town *749*

34. Public Relations in Community Health 750
- Relationship with Public Relations and Publicity *750*
- Need for Public Relations *751*
- Important Features of Human Relation Theory *751*
- Basic Factors for Good Public Relations *751*
- Methods of Promoting Good Public Relationship *752*
- Qualities for Public Relationship Staff/Public Relation Officer *753*
- Bad Elements Affecting Public Relations *753*
- Indicators for Assessing Public Relations *753*

35. Civil Registration and Vital Statistics 754
- Uses of Registration *755*
- Vital Statistics *758*
- Types of Statistics *760*
- Management Information System *763*
- Presentation of Data *766*

36. Ethics and Legal Issues in Community Health Nursing and its Implications 774
- Ethical Principles in Community Health *779*
- Ethical Principles in Decision-making *782*
- Basic Values that Guide Decision-making *782*
- Nurses Responsibilities *782*

37. Common Procedures Used in Community Health Nursing 785
- Home Visit *785*
- Bag Technique *786*
- Hand Washing *786*
- Temperature Technique *787*

- Wound Dressing *788*
- Urine Test *788*
- Injection Technique *790*
- Under-five Assessment *790*
- Clinical Examination of the Child *791*
- Testing of Refractory Error *791*
- Recording Blood Pressure *792*
- Hygiene Education *793*
- Cord Care *793*
- Health Education *794*
- Antenatal Care *794*
- Postnatal Care *796*
- Postnatal Visits *798*
- Haemoglobin Estimation by Sahli's Method *799*
- Preparation of ORS at Home (Only in Emergency Situation) *800*
- Five Ways to Prevent Diarrhoea *801*
- Chlorination of Wells *802*
- Blood Smear for Malaria Parasite (MP) *803*
- Sputum Smear *803*
- Revised National Tuberculosis Control Programme *804*

38. Disaster Management **805**

- Disaster and Vulnerabilities of India *805*
- Disasters *805*
- Emergency *805*
- Disaster Management *808*
- Disaster Management Cycle *808*
- The Public Health System Process *809*

39. Environmental Health **812**

- Environmental Health *813*
- Air Pollution *814*
- Light *815*
- Ventilation *816*
- Water *816*
- Energy *822*
- The Ecosystem *826*
- Characteristics of Ecosystem *829*
- Nuclear Hazards and their Impact on Health *833*
- Climate Change *834*
- Global Warming *836*
- Acts Related to Environmental Protection and Preservation *844*
- Housing *858*
- Sanitation *858*
- Noise *861*
- Arthropods *862*
- Rodents *867*

Annexures *871*

Index *923*