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- **INTRODUCTION ABOUT COMMUNITY
HEALTH NURSING:**



Health –Definition

- According To WHO ,Health is a state of complete physical,mental,social and spiritual well being and not merely absence of diseases or infirmity.

Definition of community

- Community is defined as a social group determined by geographical boundaries and common values and interests. Its members know and interact with each other .It function within a particular social structure and exhibits and creates certain norms, values and social institutions- **WHO**

Definition Of Community Health

- **WHO:** Community health defined as a health status of the members of the community ,to the problems affecting their health, and to the totally of the health care provided to the community.

Definition- Community health nursing;

- According to WHO expert committee, community health nursing comprises the skill of nursing programme for the promotion of health, the improvement of conditions in the social and physical environment ,the prevention of illness, and disability and rehabilitations .



GOALS OF COMMUNITY HEALTH NURSING:

- The goal of nursing are to help individuals and groups to attain, maintain and restore health. The goal of community health nursing mainly focusing on health promotion, health maintenance, prevention of illness and restoration of health.

1. Health promotion:

- Health promotion assumes that patients have a higher potentials of health than they presently realise.
- Health promotion is to increase the level of understanding and the expectations of families, groups and communities to cope with health and illness problems.
- This may includes changing or modifying health practices ,increasing health knowledge and developing understanding of normal growth and developments .

2. Health maintenance:

- Nurses in the community work with many patients who are well but need to improve to maintain their level of wellness.
- Maintenance of health involves the through and continuous assessment of both individual and community to ensure that they continue to function at the same levels.



3.Prevention of illness:

- It is the avoidance of change in the health status that are harmful to the patients. For examples, it is to maintain and increase level of immunizations in the family to prevent occurrence or recurrence of the diseases and illness.
- The increased knowledge regarding preventive measures in relation to specific diseases such as special diet, self examinations of breast and importance of taking vaccines etc..

4. Restoration of health:

- It is to help the patient returning to an optimum state of health and well beings, recovering to as great an extent as possible ,whatever health functioning has been lost.
- The goal of community health nursing help the patients to cope with health and illness problems, control of certain diseases in the restoration and preservation of health.



Principles Of Community Health

Nursing:

- 1. community health nursing is an established activity based on recognised needs and functioning within the total health programme.
- 2. The CHN agency has clearly defined objectives and purpose for its services.
- 3. an active organised citizens groups, representative of the community is an integral part of the community health programme.

CONTI....

- 4. CHN services are available to the entire community regardless of origin, culture or social and economic resources and also it should be available to people irrespective of age, sex, creed, nationality, political affiliations.
- 5. community health nursing recognised the family and community as units of services.



CONTI..

- 6.health education and counselling for individual, family and community are the integral part of community health nursing .
- 7.recipients of health care should participate in planning relating to goals for the attainment of health.
- 8.the community health nursing should be qualified as a full fledged nurse.
- 9.the community health nursing services should be based on the need of the patient and there should be proper continuity of services to the patients.

CONTI...

- 10. periodic and continuing appraisal and evaluation of the health situation of the patients are basic to the community health nursing .
- 11. the community health nurse should function /serve as an important member of the health team.
- 12. there should be provision for qualified nurses to make supervision for community health services.

CONTI...

- 13.the CHN should not accept gifts or bribes from the patients.
- 14.the CHN should not belong to any one section or any political groups.
- 15.community health agency should provide a continuing education programme .

CONTI...

- 16.The CHN services should develop proper guidelines ,in maintaining records and reports.
- 17.there should be proper facilities and job conditions .
- 18.the CHN should maintain professional relationship with all the leaders in the community and maintain ethics at all times .

ROLE OF COMMUNITY HEALTH NURSING:

- She should act as a ,
 - **Adviser-CHN** work with the families in the community. She has to an advisor mainly in practical and emergency matters which relates to health acceptance of advice from the community health nurse well documented .
 - **Advocate** –CHN is an advocate of patient right in relation to their care.

CONTI...

- **Care manager-CHN** helps clients make decisions about appropriate health care services and achieve service delivery integration and coordination's.
- **Case finder** –CHN conduct targeted outreach to identify clients in need of services and to assist clients in accessing appropriate care.

CONTI...

- Caregiver-CHN provide care to individuals ,families and vulnerable populations in a variety of setting .

CONTI...

- ❑ **Counsellor**-CHN are often in a unique position to help clients cope with stresses that could lead to crises and to adapt to changes in the environment .
- ❑ **Consultant** –as a consultant ,the nurse shares nursing knowledge and expertise to help solve a problem or meet a need.

CONTI...

- ❑ **Coordinator**-the CHN encourages use of a variety of agencies and discourages duplications of services.
- ❑ **Collaborator**-the CHN works collaborative with patient and also with members of the health team in assessing, planning, implementing and evaluating interventions .

CONTI...

- **Educator-CHN** apply the principles of teaching and learning to promote positive health action and to facilitate behavioural changes .
- **Epidemiologist-CHN** use the epidemiologic method to analyze health problems among populations groups and to develop populations focused interventions.
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- **Good observer-CHN** is expected to be alert to any deviation from expected behaviour with respect to illness ,growth and development ,response to drugs and general well being of an individual,family,community .
- **Group leader-CHN** use the group process to provide targeted preventive services and to manage careload responsibility.

CONTI...

- **Health educator**-health educator is another services the nurse provides in conjunction with any other roles .
- **Health planner** –CHN use the health planning process to develop, implement ,and evaluate health services fro population at risk.
- **Role model**- CHN serves as a role model for health behaviour in many ways .e,g;activity likes eating properly, regular exercise, getting appropriate rest .

Scope of community health nursing :

- **1.Home care:** a large number of client can be adequately care for at home by extending certain hospital services.
- **2.Nursing home:** the nursing home are privately run. They have better medical care facilities than the government hospital because they charge more fees.
- **3.Maternal and child health nursing:**
- It comprises antenatal, postnatal ,child care services.

conti...

- **4.School health nursing** :school health nurse render services to promote and protect the health of the school children ,early detection of cases, first aid, dental health, immunization ,maintenance of health records and follow up and referral services.

Conti..

- **5.Occupational health nursing** :activities are preemployment,periodic health check up, care of sick, first aid, industrial sanitations and safety, organization services to women and children ,follow up and referral services.
- **6.Geriatric health nursing**:CHN activities are periodic health checkup, safety measure, and nutritional supports.

Conti...

- **7.Mental health nursing:** It include early diagnosis, treatment and rehabilitation ,psychotherapy ,use of modern psychotropic drug after and before services

Conti....

- **8.Rehabilitation center:** it refers to restoration of all treated cases to high level of functional ability.

Concept of community health nursing:

- The expert committee(WHO 1974) on community health nursing defined as , community health refers to the health status of the members of the community, to the problem affecting their health, and to the totality of health care provider to the community.
- Community health implies in a broad sense, Integration of curative, prevention and promotive health services.

Conti...

- The emphasis in community health is on community diagnosis and community treatment, i.e. the focus of community health is on the health problem of the community as a whole.

Conti...

- Nursing has its origin in fundamentals and universal health needs.
- One of the most common health need of people is for care, which provides comfort and support in times of sickness or to attain higher level of wellness.
- It has been truly said that if the first doctor was the first man, the first nurse was the first mother.

Conti...

- The nurse philosophy is an integral part of the framework for community health nursing philosophy is an attitude towards life and reality that involve from each nurse beliefs and code of conduct, motivate nurses to act ,guide them to think about what they are to do and influence decision.

- **THANK U TO ALL**