

**UNIT- 2nd**

# **COMMUNITY HEALTH NURSING**

**MES COLLEGE OF NURSING GHANEKHUNT LOTE,  
DEPT. COMMUNITY HEALTH NURSING**

## ❖ **Introduction:-**

Community health nursing is also based on the principles of general nursing. It pays more attention to nursing services to the community as a whole, in addition to institutional nursing.

## ❖ **Definition:-**

Community health nursing means, providing health services to patients and healthy people in the community.

## **COMMUNITY HEALTH NURSING:-**

According to a conference on nursing administration, “community health nurse is a nurse who has direct and maximum relation to provide health education to individuals and families in the community.

# ❑ PHILOSOPHY OF COMMUNITY HEALTH NURSING HEALTH NURSING PRACTICE:-

Generally, philosophy implies three components;

- The essential dignity and worth of the individuals.
- The importance of freedom to express one's individuality.
- Community health nursing is based on logical thinking and scientific methods (knowledge).
- Community health nursing is governed by code of ethics (values).
- Community health nursing is committed to its own beliefs about professional practice (existence).

# **CONCEPT OF COMMUNITY HEALTH NURSING-**

## **❑ Related to community-**

It is a social group determined by geographical boundaries and or common values and interest members know interact with each other.

## **❑ Related to community health-**

Having understood the responsibility for health we can inter that commonly health cannot be realised by without the involvement of individual, family, community and state.

## **❑ Related to community health nursing-**

A second source of confusion over the definition community health nursing arose from the that the hospital nurses followed community cases and public health nurses followed hospital cases.

## ❑ **The basic concepts of philosophy of community health nursing are laid down:**

1. Community health nursing believes that health is a fundamental human right and an integral part of growth and development.
2. It supports entire community, as well as individuals, families, and aggregates as a focus for community health nursing practice.
3. Community health nursing identifies the need of holistic care approach.
4. It realizes that health promotion and primary prevention are major activities in community health nursing practice.

5. Community health nursing supports that community-based efforts and community involvement is essential for risk reduction.
6. Community health nursing honors the social and cultural differences and values of individuals and community about health and supports the health promoting behaviour in an acceptable manner.
7. Community health nursing realizes that multidisciplinary team activities and programmes are essential to attain the objectives of community health.
8. Community health nursing believes in the overall development and well-being of the individuals, families, communities and nation.

# GOALS AND OBJECTIVES OF COMMUNITY HEALTH NURSING –

the other objectives of community health nursing include:

- To provide comprehensive nursing care to the individual.
- To create awareness about their own health problems.
- To strengthen community resources.
- To increase the life expectancy.
- To decrease the infant mortality rate, maternal rate.
- To prevent and control communicable and non communicable diseases, disabilities, providing rehabilitation services.
- To provide health care services community treatment.
- To provide special care to the mothers, children, adult's, adolescent's, physically handicapped and elderly people.



- To conduct researches and training activities.
- To supervise, guide and help field function in carrying out function affectively.
- To find the cause – effect relationship.
- To evaluate the health programmes and make further plan.
- To make the community diagnosis.
- To help the NGO's and other organizations working in the field of community health.
- To assess the need and priorities of vulnerable groups, pregnant mothers and children.
- To provide referral services at various health care levels.

# PRINCIPLES OF COMMUNITY HEALTH NURSING:-

- Community health nursing services should be planned according to the needs of community.
- Community health nurse should be qualified either as diploma or graduate or in graduate in nursing.
- Community health nurse should not accept any gift or bribes from the patient and appointed.
- Community health nurse should follow the policy of the agency where she appointed.
- The relationship of nursing should be non-political group.
- There should be proper facilities and job condition. Proper salaries to community health nurse according to their qualification, experience and level of position which assign to them.
- Community health nurse should function services as important member of health team.

- Community health nurse should maintain professional relationship with all the leads of community.
- Community health nurse should follow ethics while working in the community.
- Community health nurse should organize periodic Inservice education programme.
- Community health nurse should keep continuous contact with the individual and community.
- Supervision and guidance are needed to help the worker to produce a high quality of work.
- Health services are available and acceptable to all people without any discrimination.
- Community health nurse should create awareness among community.
- Community health nurse should maintain the proper records and reports.

# ❖ QUALITIES OF COMMUNITY HEALTH NURSE –

Along with general qualities of a good nurse, community health nurse should have following qualities:

## 1. EDUCATIONAL QUALIFICATION :-

- Diploma in general nursing and midwifery, and should be registered with state nursing council.
- According to new concept, the educational qualifications of a community health nurse should be:
  - Should have passed a course in general nursing and diploma in public health of 9 months duration, or
- University course in nursing (b.sc. nursing/post basic b.sc. nursing).

## 2.COMMUNICATION SKILLS –

she should be a good speaker, interviewer, conversationalist, and a good teacher.

## 3.OBSERVATIONAL SKILLS –

- should have the ability to observe physical, mental and emotional states.
- should have the ability to recognize signs and symptoms of diseases.
- should be capable of assessing the health level of individual, family and community.

## 4.ABILITY TO LEAD AND TAKE DECISIONS –

- should be able to take right and immediate decision according to the situation.
- should be capable of taking independent decision.

## 5.OTHER QUALITIES –

- should have knowledge of available resources and health problems of community.
- should be physically and mentally fit.

# FUNCTIONS OF C.H.N.-

## 1. MANAGERIAL FUNCTIONS –

these include following responsibilities:

### **I) ASSESSMENT –**

- collecting information about the community.
- finding health problems.
- deciding the nature and role of nursing services.

### **II) PLANNING –**

- preparing plans to provide comprehensive nursing services to individuals, family and community.
- planning the distribution of work and co-operation among members of health team.
- planning services in work areas (e.g., school, home, clinic etc.).
- improving the plans of programmes.

### **III) SUPERVISING –**

- inspecting the work of other health workers, e.g. health inspectors etc.
- inspecting the care provided by members of family.

### **IV) CO-ORDINATION AND CO-OPERATION –**

- maintaining contact with government and non-government organizations and other authorities.
- participating in meetings.

### **V) EVALUATION –**

- monthly self assessment of the work.
- sending the report of working to higher officers/health authorities/agencies.
- evaluating own work on the basis of clinical services, immunization, and progress of family welfare programmes etc.

## 2. NURSING FUNCTIONS –

- providing comprehensive nursing services to individuals, families and community.
- assisting in the diagnosis and treatment of diseases.
- guiding the family in taking care of the patient.
- regular home visits.

## 3. EDUCATIONAL FUNCTIONS –

- educating individuals and groups.
- participating in school health education programmes.
- giving practical training about care of patients.
- preparation and intelligent use of audio-visual material.
- assisting in conducting surveys and presentation.



## 4. OTHER WORK –

- appropriate use of referral services.
- assisting in establishing and functioning of clinical and health centers.
- assigning duties among health workers.
- maintenance of health records and timely dispatch of reports.

# **NURSING PROCESS:-**

Nursing process is the essence of nursing activities. It is one of the most important, popular and scientific method of today's nursing.

## **DEFINITIONS OF NURSING PROCESS –**

The nursing process is the care and essence of nursing; it is central to all nursing actions, it is applicable in all settings. There is a basic theme that underlies the process, it is organized, systematic and deliberated.

# STEPS OF C.H.N. PROCESS

1. Community identification.
2. Knowing population composition.
3. Finding health and allied resources.
4. Applying nursing process in:
  - a) Community health nursing assessment.
  - b) Community health nursing diagnosis.
  - c) Planning.
  - d) Implementation.
  - e) Evaluation.

# 1. Community Identification –

community identification is the primary step and basic need of any community health nursing process. it is responsibility of community health nurse to identify the community in which community health nursing process is to be applied,

## **i) Place or Space-**

It includes following components- geographical area, size, sense, length, blocks, climate, name of the area, map of the area and location.

- Geographical boundaries
- Physical environment- land use pattern housing condition.

## **ii) People or Person-**

Person or People: It includes the demographic and social characteristics of the community.

## **iii) Function-**

It includes the main functionaries of the community, which may be different in urban and rural communities in our country. it also implies the following:

- Socialization of new members.
- Employment, Production, distribution system and consumption of goods and services.
- Maintenance of social control.

## 2. POPULATION COMPOSITION –

It implies all the basic information about the residents of identified community.

- Size or number and density of the population.
- Structural characteristics such as age, sex, socioeconomic and caste distribution.
- Rural and urban character and dependency ratio of population.
- Formal groups such as families, schools, temples, gurudwaras, industries and welfare agencies etc.
- Informal groups such as community clubs, labour centers, fans associations, friendship networks etc.
- Demographic structure of vulnerable groups (mother, child, handicapped etc.)

### 3. Health and allied resources –

#### i) Health resources:-

- Health facilities such as hospitals, teaching hospitals, CHCs, PHCs, SCs, nursing homes, maternity or other special hospitals or health institutions.
- School and industrial health services.

#### ii) Allied resources:-

- Natural resources: water, land and soil, electricity etc.
- Financial aid services: Health insurance, LIC, Mediclaim etc.
- Transportation resources
- Nutritional services
- Social welfare agencies etc.

## 4. Applying nursing process –

Here the five phases of nursing process are applied in community health setting or community as a patient.

### i) Community health nursing assessment–

- Determining the health status
- Identifying potential risk factors which may cause ill effect on health, and
- Finding the existing health problems in the community.

# **COMPONENTS OF NURSING PROCESS-**

- **Data collection and interpretation –**

Data collection is necessary to acquire usable information about the community and its health.

- **Data interpretation –**

A composite data-base is interpreted and community health problems and strengths are identified.

- **Tools of data assessment and interpretation –**

- Informative interviews
- Participant observation
- Secondary analysis of existing data
- Survey



## ii) Community health nursing diagnosis –

Community diagnosis is the scope of both disciplines; epidemiology and nursing. Both try to identify the health problems of community and establish the priorities of health needs of the community.

## iii) Planning –

The community health nursing planning includes:

- analyzing, and establishing priorities among community health problems.
- establishing goals and objective, and
- identifying interventions.
- problem analysis and establishing priorities.

#### iv) Implementation (conducting community health nursing care services)–

Implementation is the fourth phase of nursing process which aims at the nursing actions or work activities.

1. Factors affecting implementation– nurses role.
2. Lay advisors–these act as opinion leaders.
3. Mass media– in the modern era of information technology, the influence of mass media over community cannot be overlooked or neglected. mass media are effective aids in intervention. the impact of tv, computer, CDs, Video, mobiles, newspapers.

#### v) Evaluation –

Evaluation is the appraisal of the effects of some organized actively or program.

# Importance of community health nursing :-

1. Continued community oriented care.
2. Maximum use of resources available.
3. Improvement of the community health team functioning.
4. Community partnership in each step of community health nursing process.
5. Job satisfaction of the community health nurses.
6. Professional growth of community health nurses.
7. Quality assurance in community health nursing.
8. Increased community health status.



**THANK**

**YOU**