

Minor Ailments



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❖ INTRODUCTION -

- Community health nurse is responsible to provide primary health care in the community.
- Treatment of minor ailments and emergencies is an important component of community health nursing.
- Nurse should be able to identify the signs and symptoms of a patient and treat them according to the standing orders.
- Minor ailments indicate slight illnesses and emergencies of smaller nature.

Cont....



PRINCIPLES OF MANAGING MINOR AILMENTS -

- a. Ensure a safe and healthful environment for patient.
- b. Treat the risk/injured person promptly to prevent any possible complication.
- c. In cases of infectious diseases, take appropriate precautions to prevent the spread of infection.
- d. Keep the continuous watch over the patient's condition and vital signs during the entire period of care.

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- e. Help the patient to get well as soon as possible and in his Activities of daily living .
- f. Use the opportunities of health education during the care.
- g. Always remember the limitations in providing treatment or follow the physician's instructions.
- h. Respect the beliefs of patients, if he has used some other therapy for treatment of his ailment.
- i. Help the family members in coping with the situation and prepare them for taking care of sick at home.
- j. In case of serious conditions or doubt about diagnosis and prognosis, refer the patient without any delay.

CONT...



CLASSIFICATION OF MINOR AILMENTS -

Minor ailments can be classified into two

1. **GENERAL MINOR AILMENTS** :- it include common accidents and emergencies which need immediate first aid
 - **In this category** – injuries and falls , dog bite , burns ,high fever , heat stroke , diarrhea , fainting etc

CONT...



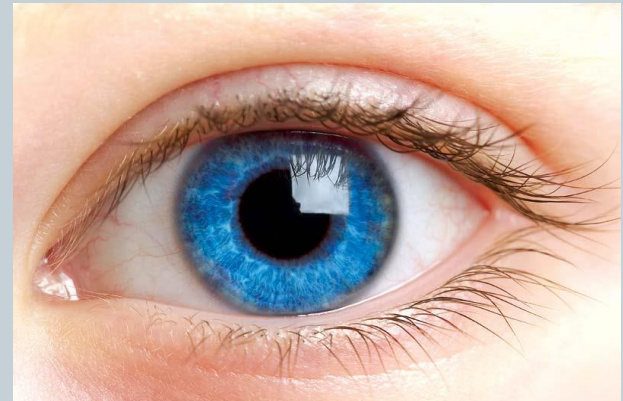
2. Systemic minor ailments

EYE :

- EYE ACCIDENTS
- FOREIGN BODIES
- INFECTIONS
- POOR EYE SIGHT
- DRY EYES
- NIGHT BLINDNESS

EAR :

- EAR ACHGE
- FOREIGN BODY
- OTTITS MEDIA
- DISCHARGE

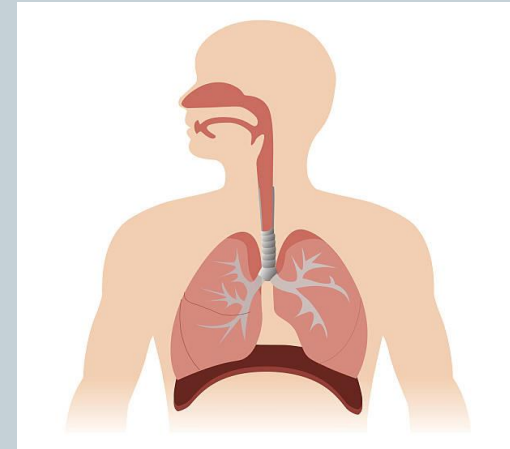


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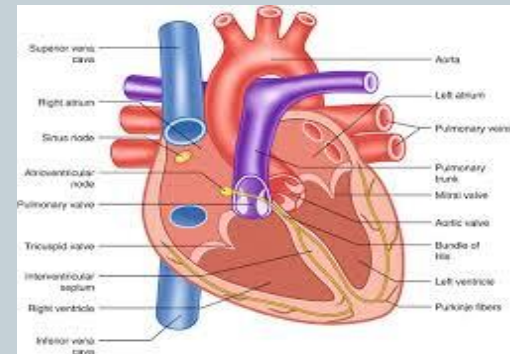
RESPIRATORY TRACT :

- COMMON COLD
- SINUSITIS
- SORE THROAT
- COUGH
- DYSPONEA
- CHEST PAIN
- ASTHMA



CVS :

- HYPERTENSION
- ANEMIA
- RHD

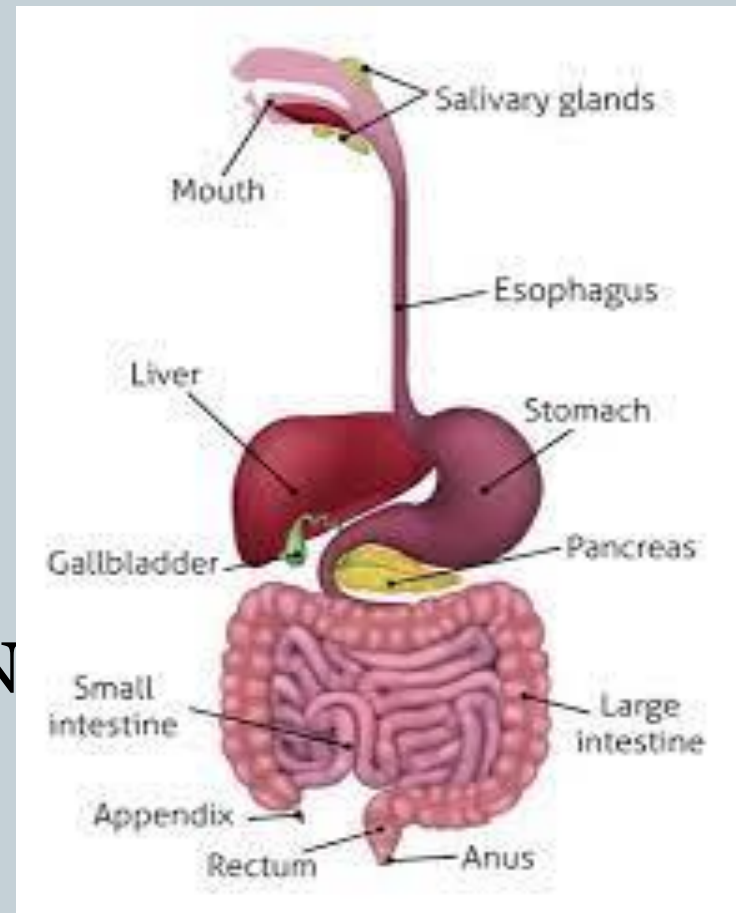


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DIGESTIVE SYSTEM :

- TOOTH ACHE
- CONSTIPATION
- INDIGESTION
- VOMITING
- ABDOMINAL PAIN
- INTESTINAL OBSTRUCTION



CONT....



URINARY SYSTEM

- BURNING MICTURATION
- URINARY INFECTION
- RENAL STONES

NEUROMUSCULAR SYSTEM

- HEAD ACHE
- BACK ACHE
- CONVULSIONS
- EPILEPTIC FITS

CONT....



REPRODUCTIVE SYSTEM:

- HEAVY BLEEDING
- DISCHARGES

CONT....



❑ MANAGEMENT OF MINOR AILMENTS -

- ASSESSMENT – Taking history –
- Performing quick physical examination
- FINDING THE CAUSE ,
- MAKING THE DIAGNOSIS AND PLANNING FOR CARE
- PROVIDING TREATMENT AND NURSING CARE
- EVALUATING THE CARE AND CONDITION OF THE PATIENT – If the outcome is successful , plan for follow up -
If condition does not improve or serious signs – refer to hospital.

CONT....



STANDING ORDERS –

- Standing orders are directions and orders of specific nature . On the basis of these on the non availability of doctors nurses / health workers can provide treatment at home hospitals or health institutions and community.
- Should be followed in temporary basis / or in emergency situation.

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OBJECTIVES –

- To maintain the continuity of treatment of the patient.
- To protect the life of the patient / to resuscitate him.
- To create the feeling of responsibility in the members of health team.

CONT....



USES –

- Providing treatment during emergency.
- Enhancing the quality and activity of the health services
Strengthening of primary health services in the community.
- Decentralization of health responsibilities.
- Developing the feeling of confidence and responsibility in nursing and other health worker.
- Protecting the general public.

CONT....



TYPES OF STANDINGD ORDERS :-

The authorized doctor and the registered community health nurse jointly releases standing orders

1) INSTITUTIONAL STANDING ORDERS –

- Standing order prepared with a view of the available resources, staff position and objectivity of hospital.
- Difference will be there b/w government and private hospitals.

CONT....



2) SPECIFIC STANDING ORDERS –

- Prepared for the trained medical personnel.
- Technical knowledge and special skills are required.
- These orders should compensate the need of a doctor.
- Such orders enhance the quality of CHN.

3) General standing orders -

- Common man is expected to follow some SO
Eg – in case of diarrhoea – ORS PACKET

CONT....



❖ STANDING ORDERS FOR TREATMENT OF MINOR AILMENTS –

1) FEVER

- Examine the vital signs
- Gather information about other symptoms accompanying the fever – head ache , nausea , vomiting , shivering cold running nose , allergy , skin infection , jaundice, fits , cough
- Provide rest and light meal to the patient
- Prepare blood slide to examine malaria parasite
- Give paracetamol tab
- Give lots of liquids to the patient
- If the fever is more than 102 deg F – tepid sponge

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- Monitor the pattern of fever and wait for two days
- If the fever is accompanying with rashes- isolate the patient
- In case of convulsions , unconsciousness and hyperpyrexia accompanying the fever refer the patient to the hospital

CONT...



2) Heat Stroke :-

- Person suffering should be kept in shade and in a well ventilated place.
- Note the vitals.
- Remove all clothes from the person and wrap in a wet sheet.
- If the patient is conscious give him cold water mixed salt and other cold drinks.
- Keep continuous observation over temp.
- As soon as refer to hospital.

CONT....



3) DIARRHEA – GI SYSTEM

- Monitor the symptoms of dehydration.
- If the dehydration is severe or the patient is in the state of shock – refer him to hospital.
- Provide ORS to the patient.
- Rice water , coconut water , lemon juice , light tea , banana should be given to the patient.
- If there is epidemic of diarrhea sample should be send for stool test.
- Food and water should be protected.
- Notification should be done.

CONT....



4) BURNS - SKIN

- Try to keep the burned body part immersed in water.
- Check the spread of burns.
- If the cloth has stuck to wound – DO NOT TRY TO REMOVE IT.
- Rings , bangles , shoes , belts and other tight fitting articles to be removed .
- Do not touch blisters unnecessarily.
- Assess the percentage of burns.
- Give primary treatment of shock if needed.
- Give ORS if patient is conscious and not vomiting.
- Provide analgesics if required.
- Refer patient to further treatment.

CONT....



5) DROWNING –

- Loosen the clothes from chest.
- Make the person lie on his abdomen and get the water out of lungs .
- Resuscitate the patient immediately and send him to the health care centre / hospital.

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6)BITES – DOGBITE

- Thoroughly wash the wound with soap and water.
- Use running water.
- Apply Betadine or tincture iodine.
- If the wound is excessive – check hemorrhage.
- Stitches should be done only after 24 hours.
- Give injection TT.
- Do not kill the dog and observe for 10 days.

CONT.....



7) FAINTING - CNS

- Lie down the person .his head should be at a slight lower level than feet.
- Person should get fresh air.
- Once the person gain consciousness ask him to take deep breath and give him liquids to drink.
- If unconsciousness continue refer to hospital.

CONT....



8) CONSTIPATION – GI

- Advise more fluids.
- Leafy vegetables

9) ANEMIA – BLOOD DISORDER

- Encourage to eat ragi,
- Advise dry fruits.
- Advise oral iron supplements.
- Get the stool examined for hook worms.

CONT....



10) Bleeding nose –

- Make patient sit with head erect and bend forward.
- Loosen all clothes at neck.
- Don't let to blow the nose.
- Check vitals.
- Refer to hospital.

CONT.....



❖ **ROLE OF CHN –**

- History collection / assessment.
- Finding out the actions/ complications and any specifications.
- Vitals monitoring.
- Identifying the needs and problems.
- Nursing services under standing orders.
- Implementing referral system.
- Informing authorities – out break of diseases .

CONT....



- Keeping medicine kit ready.
- Representing nurses view point in meting.
- Being careful about limits.
- Ensure safe and healthy environment.

CONT....



THANK
YOU