UNIT VI

Community Health Nursing Approaches, Concepts, Roles and Responsibilities of Community Health Nursing Personnel

➢ COMMUNITY HEALTH NURSING APPROACHES:

- Nursing care was only focused on the physical health in the past.

- A person who is physically healthy seems to be a healthy individual but now trends has been changed.

- Now the health follows the holistic care approach, where overall health of an induced is the target.

- Holistic approach is a multidimensional approach in which every factor is considered to help an individual for getting in overall health.

- This concept was given by Florence Nightingale who had introduced the concept of modern nursing.

• COMMUNITY HEALTH NURSING APPROACHES:

- Nursing Process
- Epidemiological Approaches
- Problem Solving Approaches
- Evidence-based Approaches
- Empowering People To Care Themselves

NURSING PROCESS
- Nursing process is critical few step process that is used by a nurse for giving appropriate care to patient.
- It helps a nurse to provide evidence-based care in order to improve health.
- It is a blue print made by a nurse for caring a patient.
- It also helps a nurse to understand the problems of patient in a deep away.

Steps of Nursing Process

- Assessment
- Nursing Diagnosis
- Planning
- Implementation
- Evaluation

➢ **Nursing Assessment**: Assessment is the way through which systematically collection of information about a patient's current and past health and function status assessment of patient is done systematically.

➢ **Nursing diagnosis:** A diagnosis is a clinical judgment that is formed based on information and analysis from assessment.

➢ **Nursing Planning:**

- Identifying patient diagnosis and collaboration problem.
- The next step is prioritizing the diagnosis, collaborative goals and expected outcome. Choose interventions for each diagnosis.
- Planning problem solving requires critical thinking.
- Nurse take a collaborative action with other health team to prioritize the things and provide care.

➢ **Nursing Implementation:** On the basis of nursing planning, nursing interventions are formed. Nursing intervention is the treatment based on nursing or clinical judgment and knowledge that over the patient to get desirable outcomes.

➢ **Nursing Evaluation:**

- This is the last step of nursing process. In this step nurse evaluates all the four steps of nursing process done on the patient to check the contribution and improvement of patient's health.

- In this step goals and completed outcomes are evaluated that are achieved. The expected outcomes are the measures as to know as which extent it has achieved and how much more efforts to be taken to achieve the complete goals for the patients.

EPIDEMIOLOGICAL APPROACH

- Epidemiology is the study of the distribution and determinants of health-related states, conditions, or events in specified populations and the application of the results of this study to the control of health problems.

Aims:
- To Describe The Distribution & Magnitude Of Health & Disease Problems In The Population
- To Minimize The Impact Of These Problems
- To Promote Health & Quality Of Life Of People At Large

Objectives:
1. To describe the distribution & magnitude of health & disease problems in the population
2. To identify the etiological factors – risk factors in the population
3. To provide the data essential to planning, implementation & evaluation of services for prevention, control & treatment of these & to setting up of priorities for these services.

Application of Epidemiology
- ✓ Studying the health of population.
- ✓ Application of gained knowledge for community-based practices.
- ✓ Diagnosing the health of a community is the major component of epidemiology.
- ✓ Acceptable public health instructions to control and prevention of diseases.

Epidemiological Approach
Making comparison

Asking Question

MEASUREMENT TOOLS USED IN EPIDEMIOLOGY
- Rate
- Ratio
- Proportion
- Surveys and Questionnaires
- Clinical examination
- Laboratory test
- Medical Records and Health Databases
- Biometric Measurements
- Disease Registries
- Vital Statistics
- Environmental Monitoring

Utilization of Epidemiological Approaches
- Disease Surveillance and Outbreak Investigation
- Public Health Policy and Planning
- Disease Prevention and Health Promotion
- Clinical Medicine
- Environmental Health
- Occupational Health
- Chronic Disease Management
- Health Disparities and Equity
- Global Health

Problem Solving Approach
Grove defined problem solving as the systematic identification of a problem, determination of goals relating to the problem, identification & possible approaches to achieve these goals, implementation of selected approaches, and evaluation of goal achievement.

Process:
- Define problem
- Problem analysis
- Generating solution
- Analysis of solution

- Selecting solution
- Implementation of solution
- Revision / evaluation

❖ Steps in Problem solving Approach:

1. Assessment

"What are the community's needs?"
- Collect data about the community:
    - Demographics (age, gender, income, etc.)
    - Health indicators (mortality, morbidity, common illnesses)
    - Environmental conditions (housing, sanitation, pollution)
    - Available resources (clinics, NGOs, support groups)
- Use tools like:
    - Community surveys
    - Interviews and focus groups
    - Windshield surveys (observation during a walk or drive)
    - Epidemiological data

Goal: Identify current and potential health problems.

2.Diagnosis

"What are the key health problems affecting this community?"
- Analyze data to identify:
    - Priority health needs (e.g., high rates of diabetes, maternal mortality, poor sanitation)
    - Risk factors and vulnerable groups
    - Gaps in services or resources
- Formulate **nursing diagnoses** at the community level, such as:
    - "Risk of waterborne diseases related to poor sanitation infrastructure."

Goal: Establish clear and measurable health issues to address

3.Planning

"What can we do, and how should we do it?"
- Set **SMART goals** (Specific, Measurable, Achievable, Relevant, Time-bound)
- Develop **interventions and strategies** based on priorities:
    - Health education programs
    - Immunization drives
    - Mobile clinics
    - Environmental improvements
- Collaborate with stakeholders:
    - Local leaders
    - Health workers
    - Government and NGOs

Goal: Design a tailored action plan to address the diagnosed problems.

4. Implementation

"Let's put the plan into action."

- Carry out the planned interventions:
  - Conduct workshops or awareness sessions
  - Administer vaccinations or screenings
  - Distribute health kits or sanitation supplies
- Involve the community to ensure **participation and ownership**
- Document activities and challenges during implementation
  Goal: Deliver the planned services and begin to impact the community.

5. Evaluation

"Did the intervention work?"

- Measure outcomes:
  - Was there an improvement in knowledge, behavior, or health status?
  - Did disease incidence decrease?
  - Were goals achieved?
- Use tools like:
  - Post-intervention surveys
  - Health records review
  - Community feedback sessions
- If goals were not met, **revise the plan** and continue the cycle.
  Goal: Assess effectiveness and inform future interventions

Example: Problem-Solving in Action

- **Community:** Rural village with high rates of diarrhea in children.
- **Assessment:** Found poor sanitation, open defecation, lack of clean water.
- **Diagnosis:** High risk of diarrheal disease due to poor hygiene and unsafe water.
- **Planning:** Plan health education sessions, build latrines, distribute water filters.
- **Implementation:** Collaborated with local leaders and NGOs to deliver interventions.
- **Evaluation:** After 6 months, incidence of diarrhea dropped by 40%.

EVIDENCE-BASED PRACTICE APPROACH

Evidence-based Practice (EBP) is an approach that combines clinical expertise, patient preferences, and the best available evidence to inform clinical decision-making and healthcare practices. It emphasizes using high-quality research evidence to guide medical decisions, with the ultimate goal of providing the best possible care to patients.

EBP follows a systematic process that includes:

- Formulating a clear clinical question from a patient's problem.
- Searching for the best available evidence.
- Appraising the quality of the evidence.
- Applying the evidence to clinical practice.
- Evaluating the outcomes of the decision or intervention.

Steps Of Evidence-based Practice Approach:
- Cultivate spirit of enquiry
- Ask the burning clinical question in picot format
- Search for & collect the most relevant best evidence
- Critical appraisal of the evidences
- Integrating the evidence
- Evaluating outcomes
- Dissemination the outcome

PICOT Format:
- P – The patient **population** of interest
- I- **Intervention** of interest or range of intervention
- C – **Comparison** of intervention
- O – **Outcomes** of interest
- T – **Time** frame

Why is evidence-based practice important?
- Improves Patient Outcomes: EBP ensures that patient care is based on the most current and valid research, which leads to better health outcomes.
- Enhances Nursing Practices: By continually integrating new research, nursing practices remain up-to-date and effective.
- Promotes Efficient Use of Resources: EBP helps in making informed decisions about resource allocation, reducing waste, and ensuring cost-effective care.
- Empowers Nurses: Nurses who use EBP are better equipped to provide high-quality care, which can increase job satisfaction and professional development.
- Meets Regulatory and Accreditation Standards: Many healthcare organizations and accrediting bodies emphasize the use of EBP to ensure high standards of care.

Evidence-based practice nursing examples
- **Pressure ulcer prevention example**
  Research has shown that using specific mattress types and regular repositioning of patients can significantly reduce the incidence of pressure ulcers. By integrating these findings, nurses can create protocols to prevent pressure ulcers in at-risk patients.
- **Hand hygiene practices example**
  EBP has demonstrated that proper hand hygiene is one of the most effective ways to prevent healthcare-associated infections (HAIs). Nursing protocols now include rigorous handwashing and the use of alcohol-based hand sanitizers to reduce infection rates.

<center>**EMPOWERING PEOPLE TO CARE FOR THEMSELVES**</center>

Introduction: Empowering people to care for themselves refers to the process of giving individuals the knowledge, skills, confidence, resources, and authority they need to manage their own health, wellbeing, and daily lives independently and effectively.

Elements of Empowering people:

Education and Awareness
- Teaching people about their bodies, mental health, rights, and options.
- Providing access to information they can understand and apply.

Skill Development
- Training individuals in self-care techniques (e.g., managing medication, hygiene, nutrition).
- Building life skills like problem-solving, communication, and emotional regulation.

Access to Resources
- Ensuring people have access to the tools they need: healthcare services, clean water, food, shelter, technology, etc.

Encouraging Autonomy and Confidence
- Helping people believe in their capacity to make good decisions.
- Reducing over-reliance on professionals or systems when it's not necessary.

Supportive Environments
- Creating systems (e.g., policies, communities, workplaces) that encourage and support self-care.

Importance of Empowering People To Care For Themselves In Health Care:

- Teaching patients how to monitor chronic conditions (e.g., diabetes, asthma).
- Encouraging preventive care (e.g., healthy eating, exercise).
- Helping people navigate healthcare systems and make informed decisions.
- Reducing the burden on health systems by promoting self-management.

Example: A diabetic patient learns how to check their blood sugar, adjust their diet, and identify warning signs — reducing ER visits.

HOME VISIT

Concept: The home visit is an important and essential step for providing health services to the persons of community.

- In community, people are living in home with their family. While doing home visit one can interact with family and can assess overall health of family.
- For doing home visit, the community health nurse (CHN)/other health workers should have technique skills and knowledge of preventive and therapeutics measures, having good communication skills, teaching ability judgment and having full understanding related to human relation

Definition: A home visit is defined as the process of providing the nursing care to patients at their doorsteps. It requires technical skills, resourcefulness, judgment, relationships.

- It is defined as providing the services to family at their doorsteps to maintain the health and to reduce the mortality and morbidity in the family.
- Home visit is a purposeful interaction in a home directed at promoting and maintaining health of individual and family

Principles:

- Planned & purposeful
- Regularity
- Flexibility
- Voluntary & convenient
- Developing relationships
- Scientific & up to date technique
- Educative
- Evaluative

Purposes:

- To protect against disease
- To provide best nursing care at home
- To improve the health standards of a family
- To monitor the health problems & diseases recognized in health centers, hospitals, factories and schools
- To provide follow up treatment under such circumstances
- To assess health status, immunization, nutrition level, & environmental hazards to a family
- To lower the MMR and IMR by facilitating maternal & child health services
- To identify the sources of communicable disease in a family & make them aware of the disease
- To provide health education during home visit

Process/Phases of Home Visits
1. Introductory Phase
2. Pre-visit /Planning phase
3. Activity Phase
4. Post Visiting phase
5. Termination Phase

1. Introductory phase (**Initiation Phase)**
   Purpose: Establish the basis for the home visit.
   Activities:
- Clarify the purpose of the visit (e.g., follow-up, health education, assessment).
- Review referral or request (from clinic, hospital, or another health worker).
- Determine eligibility and need for a home visit.
- Schedule the visit with the family or client (if possible)

2. Pre-Visit/Planning Phase
   Purpose: Prepare for the visit.
   Activities:
- Collect and review available data (client records, past visits, referrals).
- Identify health concerns, needs, and goals.
- Plan objectives and activities for the visit.
- Prepare supplies, educational materials, and tools required.
- Establish safety measures (especially if visiting unfamiliar or high-risk areas).

3. Activity Phase (Implementation)
   Purpose: Conduct the actual visit and provide care.
   Activities:
- Establish rapport and trust with the client/family.
- Explain the purpose of the visit clearly.
- Assess the health status and living conditions.
- Provide nursing care and services (e.g., wound care, vaccinations, health teaching).
- Involve the family in care and decision-making.
- Reinforce health education and preventive practices.

4. Post-Visit Phase
   Purpose: Reflect on the visit and plan next steps.
   Activities:
- Document all findings, interventions, and client responses.
- Evaluate whether the objectives of the visit were achieved.
- Identify follow-up needs or referrals.
- Plan for future visits if needed.
- Report to the appropriate health team or supervisor if necessary.

5. Termination Phase
   Purpose: End the home visiting process appropriately.
   Activities:
- Review the progress made with the client/family.

- Ensure that the client is empowered to manage their own health.
- Provide information on how to access further help or services.
- Thank the client/family and explain the conclusion of visits.
- Offer closure to the relationship in a respectful and professional way.

❖ Techniques of Home Visiting

1. Needs assessment: A **needs assessment** during home visiting is the process of collecting information to identify the physical, emotional, social, educational, and economic needs of individuals or families, so that appropriate support, interventions, or referrals can be provided.

Techniques of Needs Assessment during Home Visiting

1. **Observation**
   - **What**: Carefully observing the home environment, client behavior, body language, and interaction with family members.
   - **Why**: Helps identify issues that the client may not openly express (e.g. neglect, poor hygiene, unsafe environment).
   - **Example**: Noticing spoiled food in the kitchen may indicate a need for nutritional education or food assistance.
2. **Interviewing**
   - **What**: Asking structured or semi-structured questions to understand the client's concerns, routines, and goals.
   - **Why**: Direct communication helps assess subjective needs (e.g. stress, parenting concerns).
   - **Example**: "How are you coping with caring for your baby?" can open up discussions about postpartum depression.
3. **Use of Assessment Tools or Checklists**
   - **What**: Standardized tools like developmental checklists, health assessment forms, or mental health screening tools.
   - **Why**: Ensures comprehensive and objective data collection.
   - **Example**: Using a checklist to assess child developmental milestones.
4. **Active Listening**
   - **What**: Fully focusing, understanding, and responding thoughtfully to what the client says.
   - **Why**: Builds trust and encourages clients to share openly.
   - **Example**: Reflecting the client's feelings: "It sounds like you've been feeling overwhelmed lately."
5. **Building Rapport and Trust**
   - **What**: Creating a safe, respectful, and non-judgmental space during the visit.
   - **Why**: Clients are more likely to share real needs when they feel respected and not judged.
   - **Example**: Taking time to engage in light conversation before beginning formal assessment.
6. **Family and Community Context Analysis**

- o **What**: Understanding the role of other family members and local resources.
- o **Why**: Needs often arise from or are affected by broader family or community dynamics.
- o **Example**: Identifying lack of nearby childcare support as a barrier for a working mother.

7. **Review of Records or Documentation**
   - o **What**: Looking at medical records, school reports, or previous home visit notes.
   - o **Why**: Provides background and helps track changes or ongoing needs.
   - o **Example**: Noticing repeated missed medical appointments may suggest transportation issues.

8. **Participatory Approach**
   - o **What**: Involving the client/family in identifying their own needs and setting goals.
   - o **Why**: Encourages ownership and empowerment.
   - o **Example**: Asking, "What do you feel is the most urgent issue you'd like help with?"

2. Goal setting: **Goal setting** is a vital part of home visiting, helping clients move from identifying their needs (via needs assessment) to taking concrete steps toward improvement. It involves working collaboratively with the individual or family to define clear, achievable, and meaningful goals.

Techniques of Goal Setting in Home Visiting

1. **SMART Goals Technique**

   - **What**: Goals should be **Specific, Measurable, Achievable, Relevant, and Time-bound**
   - **Why**: Increases clarity and likelihood of success
   - **Example**: "Attend two prenatal check-ups this month" instead of "Go to the doctor more often"

2. **Collaborative Goal Setting**
   - **What**: Involve the client/family in choosing and setting their own goals
   - **Why**: Promotes motivation, trust, and responsibility
   - **Example**: Asking, "What is the most important thing you'd like to work on right now?"

3. **Prioritizing Needs**

   - **What**: Help the client focus on the most urgent or impactful goals first
   - **Why**: Prevents overwhelm and ensures efforts are focused
   - **Example**: Focusing on getting stable housing before tackling job training

4. **Short-Term vs. Long-Term Goals**

   - **What**: Break down big goals into smaller steps
   - **Why**: Makes large goals feel more achievable and allows for steady progress
   - **Example**: Long-term: "Secure employment." Short-term: "Complete a job application this week."

5. **Action Planning**
   - **What**: Identify specific steps the client will take, with timelines
   - **Why**: Encourages follow-through and clarity
   - **Example**: "Call the childcare center tomorrow to ask about availability."

6. **Documentation and Follow-Up**
   - **What**: Record goals and review them in future visits
   - **Why**: Helps monitor progress and make adjustments as needed
   - **Example**: Using a goal-tracking sheet in the client's file

7. **Motivational Interviewing Techniques**
   - **What**: Use open-ended questions, affirmations, and reflective listening to support change
   - **Why**: Encourages the client to express motivation and build confidence
   - **Example**: "What changes would make the biggest difference in your life right now?"

8. **Culturally Sensitive Goal Setting**
   - **What**: Respect cultural values, language, and family dynamics when setting goals
   - **Why**: Increases relevance and acceptability
   - **Example**: Understanding that a family may prioritize religious or cultural practices when setting goals

3.Advocacy: **Advocacy** in home visiting involves speaking up, supporting, and acting on behalf of individuals or families to help them access resources, services, and rights they may be entitled to — especially when they face barriers like poverty, discrimination, or lack of awareness.

Techniques of Advocacy in Home Visiting

1. **Identifying Client Needs and Rights**
   - o **What**: Understand the client's situation and what services or rights apply
   - o **Why**: Advocacy starts with clearly identifying unmet needs or violations
   - o **Example**: Realizing a child is eligible for special education support but isn't receiving it

2. **Providing Information and Education**
   - o **What**: Educate clients about their rights, available services, and how to access them
   - o **Why**: Informed clients are more likely to engage in services and advocate for themselves
   - o **Example**: Explaining how to apply for food assistance programs like SNAP

3. **Referral to Services**

- o **What**: Connecting clients to relevant community organizations, health services, or legal aid
- o **Why**: Bridging the gap between need and service
- o **Example**: Referring a family to a housing assistance agency or domestic violence shelter

4. **Intervening on Behalf of the Client**
   - o **What**: Speaking or acting on behalf of a client when they cannot do so effectively themselves
   - o **Why**: Some clients face language, confidence, or systemic barriers
   - o **Example**: Calling a school to advocate for a parent whose child is being unfairly treated

5. **Empowering Clients to Self-Advocate**
   - o **What**: Teaching clients how to speak up for their own needs and rights
   - o **Why**: Builds long-term independence and resilience
   - o **Example**: Coaching a parent on how to request a parent-teacher meeting

6. **Collaboration with Other Professionals**
   - o **What**: Working with teachers, doctors, social workers, or legal professionals to support the client
   - o **Why**: A coordinated approach ensures better outcomes
   - o **Example**: Joining a case conference to support a child with special needs

7. **Documentation and Follow-Up**
   - o **What**: Keeping accurate records of issues, actions taken, and outcomes
   - o **Why**: Supports continuity of care and can be used for legal or formal advocacy if needed
   - o **Example**: Documenting instances of housing discrimination

8. **Using a Strength-Based Approach**
   - o **What**: Highlight and build on the client's strengths while advocating
   - o **Why**: Encourages confidence and reinforces positive identity
   - o **Example**: Framing a client as a "committed parent" when seeking school support for their child

Advantages of home visiting:

- By home visits, nurses can directly observe the home and family environment.
- Home Visits make the family members feel more relaxed and comfortable in their homes
- Once the social-economic background becomes clear, it becomes easy to, provide health education.
- Also, health education programme can be more efficiently designed after observing the family habits.
- Family members who can influence & control, the patient under nursing care can be easily contacted during home visits.
- Direct contact with the patient and family members allow the nurses to a faith, they do not can be solved problem easily.
- Nurse can closely observe the care given to the patient by family members
- New health problems can be easily identified through home visits.

Disadvantages of home visiting:

• Home visits demand more time and effort.
• Complete and extensive nursing services cannot be given in home visits.
• During home visits, it becomes difficult to guide and suggest about disputes and disinterests.
• Family members remain unaware about the experiences of others who are suffering from the same illness or disease.
• Lack of equipment and resources, improper use of home bag, low literacy level of the family members, personal interests or disinterests, and lack of skill in the community health nurse can also hinder the aims of home visits.

❖ **BAG TECHNIQUE**

The Bag Technique is a procedure/technique in which a nurse knows about the effective utilization of community bag for performing the procedure with care during home visiting.

Objectives:

❑ To provide effective health services to family during home visiting.
❑ To prevent cross-infection.
❑ To develop skills about the effective utilization of bag during the procedure.

Principles of Bag Technique

✓ Bag technique performing with decrease chances of cross-infection.
✓ Bag technique performing saves time and efforts.
✓ Bag technique performance makes it easy to provide procedure during home visit.
✓ Bag technique should show the effectiveness of health facilities provided to family.

Points to Remember While Using Bag

• Bag should contain all the necessary items for giving and assessing the needs of health services.
• Bag items should be replaced according to utilization.
• The inside pockets are always considered to be clean area.
• Unnecessary opening and touching should be avoided.
• The bag and its items should not come in contact to the items of home.
• The bag items should be maintained such as it is convenient to use.
• Only required items are taken from the bag.
• After performing handwashing. Do not take out the things which are not required during procedure.
• Putting back all the things after proper decontamination of articles.

Qualities of Community Health Nurse

- Educational Qualification
- Communication Skills
- Observational Skills
- Leader & Decision Making
- Advocacy
- Adaptability
- Heath education
- Empathy
- Ethical Practices

QUALITIES OF COMMUNITY HEALTH NURSE

- **Communication:** A CHN should be a good communicator for maintaining good relationship with the family.

- **Care provider:** A CHN should be a good care provider for giving therapeutic services to the family.

- **Good observer:** A CHN should be a good observer for doing a good assessment of the family and giving services according to their needs.

- **Teacher:** A CHN should be a good teacher for providing health education to the family according to their needs. Make them understand about the benefits of preventive care.

- **Advocator:** A CHN should be a good advocate to provide advice to people for good health.

- **Advisor:** A CHN should be a good advisor. She should have knowledge of various diseases. So she gives right advice according to the need of the patient. For example, regarding referrer, concerning higher health facilities.

- **Manager:** A CHN should be a good manager for managing the various things during home visiting, performing procedure, doing assessment and while referring the patient.

- **Planner:** A CHN should be good planner. She should plan well all the activities before executing so to cut down many barriers.

PUBLIC HEALTH FUNCTION FOR HEALTH PROMOTION, PREVENTION AND DISEASE SURVEILLANCE

- Public health plays a critical role in promoting the overall well-being of communities by focusing on health promotion, disease prevention, and disease surveillance. These functions work together to improve the health of populations and reduce the burden of illness

Health Promotion

Health promotion involves empowering individuals and communities to take control of their health and make informed decisions to lead healthier lives. This function aims to prevent health problems before they occur by promoting healthy behaviors and lifestyles. It includes activities such as:

❑ **Health education:** Disseminating accurate information about healthy behaviors, nutrition, exercise, sexual health, and more to raise awareness and enable people to make informed choices.

❑ **Community engagement:** Collaborating with communities to identify their health needs, concerns, and priorities, and working together to design interventions that address those needs.

❑ **Behavioral interventions:** Implementing programs that encourage people to adopt healthier behaviors, such as smoking cessation, stress management, and regular physical activity.

❑ **Policy advocacy:** Advocating for policies that support health, such as clean air regulations, workplace wellness initiatives, and access to nutritious foods.

Disease Prevention

Disease prevention involves taking proactive measures to reduce the risk of disease occurrence and transmission. This function focuses on preventing diseases from taking hold or spreading within populations. It includes activities such as:

❑ **Immunization programs:** Administering vaccines to protect against infectious diseases and maintain herd immunity.

❑ **Screening programs:** Conducting regular screenings (e.g., mammograms, Pap smears, blood pressure checks) to detect diseases at an early stage when treatment is most effective.

❑ **Health counseling:** Providing guidance and counseling on topics such as safe sex practices, family planning, and substance abuse prevention.

❑ **Environmental health:** Ensuring safe and clean environments to prevent exposure to harmful substances and reduce the risk of environmental diseases.

PRINCIPLES OF COUNSELING

- Counseling is a process that involves providing guidance, support, and assistance to individuals facing personal, emotional, or psychological challenges. Effective counseling is guided by certain principles that create a safe, empathetic, and productive environment for clients to explore their feelings, thoughts, and concerns.

Principles of counseling

- ❑ Empathy and Respect
- ❑ Client-Centered Approach
- ❑ Non-Judgmental Attitude
- ❑ Confidentiality
- ❑ Active Listening
- ❑ Unconditional Positive Regard
- ❑ Empowerment
- ❑ Collaboration
- ❑ Ethical Boundaries
- ❑ Cultural Sensitivity

TECHNIQUES OF COUNSELING:

- ✓ Active Listening
- ✓ Reflective Listening
- ✓ Open-Ended Questions
- ✓ Empathetic Responses
- ✓ Summarizing
- ✓ Cognitive Restructuring
- ✓ Behavioral Interventions
- ✓ Problem-Solving
- ✓ Role-Playing
- ✓ Narrative Therapy
- ✓ Art and Expressive Therapies