

## Introduction to Community Health Nursing

**A community:** a collection of people who share some important feature of their lives.

- sharing common interests (eg, a community of farmers).

**-The function of any community includes its members'** collective sense of belonging and their shared identity, values, norms, communication, and common interests and concerns.

- **Public health** is the science and art of preventing disease, prolonging life, and promoting health and efficiency through organized community efforts for the sanitation of the environment, the control of communicable infections, the education of the individual in personal hygiene, the organization of medical and nursing services for the early diagnosis and preventive treatment of disease.
- **Community health:** as a field of practice, seeks to provide organizational structure, a broad set of resources, and the collaborative activities needed to accomplish the goal of an optimally healthy community.
- **Community health nursing:** It is a branch of nursing science which is concerned with the delivery of comprehensive nursing care to individuals, family, group and community as a whole to meet their needs and solve their problems through the application of nursing process to maintain wellness and prevent illness.
- **CHN** is a synthesis of **nursing practice** and **public health practice** applied to **promoting** and preserving the health of populations.
- **Community based Nursing:** is define as nurse provide sick care in community settings.
  - Occurs outside an institution. -Services are provided to individuals and families in a community. E.g. Home visit
- **Population Focus Nursing:** Nurses providing assessment, planning and evaluation occur at population level. - Emphasizes population who live in a community (Focus on aggregate).
- **Community focused:** bringing of nursing knowledge and expertise to community health nursing.

### **-Populations and Aggregates:**

- **population**: refers to all of the people occupying an area, or to all of those who share one or population may more characteristics.
- **Aggregate**: Subpopulations within the larger population who possess some common characteristics, often related to high risk for specific health problems. i.e., School-age children, persons with human immunodeficiency virus (HIV) infection, pregnant adolescents, the elderly.
- The aggregate the consider as specific community and have specific needs and problems **but unable to solving of problem and needs meet**. So called at risk.

### **-The Concept of Health**

- **Health** is defined as a state of physical, mental and social wellbeing not merely the absence of disease or infirmity.
- **Wellness**: Is the process of moving toward integrating human functioning and maximizing potential. can be measured in terms of quality of life.

**Well-being**: a state of positive health or a person's perception concerning positive health.

**illness** is a state of being relatively unhealthy.

### **- OBJECTIVES OF COMMUNITY HEALTH NURSING: -**

- 1.To increase capability of individuals, families, groups and community to deal with their own health and nursing problems
2. To strengthen community resources.
3. To control and counteract environment.
4. To prevent and control communicable and non-communicable diseases.
5. To provide specialized services for mothers, children, workers, and elderly handicapped.

### **- Philosophy of Community Health Nursing:**

Philosophy of community health nursing is community- based nursing is a philosophy of care that is characterized by collaboration, continuity of care, client and family **responsibility** for self-care, and preventive health care. Community-based nursing focuses on an individual and is family-centred in orientation, community that provide (disease prevention, health protection, and maintenance, and health promotion).

## **- Components of Community Health Practice These Components Are**

- (1) Promotion of health. (2) prevention of health problems. (3) treatment of disorders.  
(4) Rehabilitation (5) Evaluation (6) Research

## **- CHARACTERISTICS of COMMUNITY HEALTH NURSING Characteristics of Community Health Nursing Are Particularly Salient to The Practice of This Specialty:**

- (1) it is a field of nursing. (2) it combines public health with nursing.  
(3) It is population focused. (4) It emphasizes prevention, health promotion, and wellness.  
(5) It uses aggregate measurement and analysis. (6) It uses principles of organizational theory. (7) It involves interprofessional collaboration.

## **- Principles of Community Health Nursing (CHN):**

1. The recognized need of individuals, families and communities.
2. Knowledge and understanding of the objectives and policies of the agency facilities goal achievement.
3. CHN considers the family as the unit of service.
4. CHN integrated health education and counseling as vital parts of functions.
5. Periodic and continuing evaluation provides the means for assessing the degree to which CHN goals and objectives are being attained.

## **- Scope community health nursing**

1. Home care
2. Nursing care
3. MCH & family planning
4. School health nursing
5. Mental health nursing
6. Rehabilitation services
7. Geriatric health nursing

## **- Community health nurses have seven major role settings for CHN Practice are examined.**

### **-The seven major roles are:**

- **Clinician:** The community health nurse provides care along the entire range of the wellness-illness continuum; however, promotion of health and prevention of illness are emphasized.
- **Educator:** As educators, nurses seek to facilitate client learning on a broad range of topics. They may act as consultants to individuals or groups, hold formal classes, or share information informally with clients or nurse.
- **Manager:** given the opportunity to acquire the operational, financial, and management skills essential to their success – and the success of their organization.

- **Advocate:** community health nurse as advocate is to help clients find out what services are available, which ones they are entitled to, and how to obtain these services.
- **Collaborator:** Collaboration with clients, other nurses, physicians, social workers, physical therapists, and other colleagues is part of the role of the community health nurse leader
- **Researcher:** systematic investigation, collection, and analysis of data to enhance community health practice research in community health
- **CHN as a leader:** the community health nurse directs, influences, or persuades others to effect change that will positively affect people's health.

**Vulnerable:** Are groups and communities at a higher risk for poor health as a result of the barriers they experience as well as limitations due to illness or disability.

**Aggregate:** Subpopulations within the larger population who possess some common characteristics, often related to high risk for specific health problems