Chapter 1

Introduction to Community Health Nursing

2021

Intended learning outcomes

Upon mastery of this chapter, you should be able to:

1. Define community health and distinguish it from public health.

2. Explain the concept of community.

3. Describe three types of communities

4. Differentiate among the three levels of prevention.

5. Analyze the six components of community health practice.

6. Describe the eight characteristics of community health nursing

Community health concepts

- A community is a collection of people who share same important feature of their lives.

- Collection of people who interact with one another and whose common characteristics form the basis for sense of unity or belonging.

- Is a group of people have common goal and objective.

Community health concepts

- Community can be a society of people holding common rights and privileges (citizen in a town)

- sharing common interest (community of farmers),

- or living under same laws and regulations (prison community)

Community health concepts

- <u>Population:</u> all people occupying an area in contrast to community, it may be this people not interact or share common goals……

- <u>Aggregate</u>: mass of grouping of individual who are considered as a whole, who are loosely associated with one another (its grouping of health, not individuals) such as; pregnant women or Adults with diabetes

Community health concepts

Community health : identification of needs and the protection and improvement of collective health within a geographically defined area

Community Health Nursing 3/6/2022

Concepts

Community health

- identification of needs and the protection and improvement of collective health within a geographically defined area.

Public health

- **Public health** : activities that society undertakes to assure the conditions in which people can be healthy.

Community health concepts

- **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, education of individual personal hygiene, the organization of medical and nursing services for early diagnosis, preventive treatment of diseases, and development of social machinery to insure everyone standard of living adequate for maintenance of health.

Community health concepts

- Public health refers to all organized measures (whether public or private) to prevent disease, promote health, and prolong life among the population as a whole. Its activities aim to provide conditions in which people can be healthy and focus on entire populations, not on individual patients or diseases.

  WHO

Community health concepts

Community health nursing

- Synthesis of nursing theory practice and public health theory practice applied to promote, preserve the health of population, the practice is general and comprehensive.

- Its field of nursing in which family and community are the patients, although the total health and illness but its primary focus is one the prevention of disease and promotion and maintenance of highest level of health and wellness.

Community health concepts

Community Health Nurse (WHO, 1980)

- One who has been educationally prepared to participates in a variety of setting with individuals, family, groups and community as whole.

- Its role is dynamic to change and grow to meet the needs of society, its role through prevention, promotion and screening. it refers to any level working within community (occupational, school, homes…)

Community health concepts

Community:

Its social group determined by geographical <u>bounders</u> and common values or interest and living under certain laws and regulation.

- <u>Function of any community</u>
  - Give sense of belonging
  - Share identity
  - Share values
  - Share norms
  - Communication
  - Share common interest and concerns

Types of community

1. **Geographic** community

- (has boundaries) city, town, neighborhood.

- Population has certain ch.ch.

- Single part of geographical Community is considered as community.

- Geographical community becomes a target for analysis of health needs (ex. Morbidity, mortality) then planning foe health programs.

معلومات حول الاردن

المصدر: منظمة الصحة العالمية- الاردن 2017 www.who.org

	القيمة	البيان
	7,594,000	مجموع السكان (2015)
	11	الدخل القومي الإجمالي للفرد (تعادل القوة الشرائية بالدولار الأمريكي الدولي، 2013)
	76\72	متوسط العمر المأمول عند الميلاد ذأ (بالسنوات، 2015)
	غير متاح	احتمال الوفاة قبل سن الخامسة (لكل 1000 وليد حي، 0)
	96\131	احتمال الوفاة بين سن 15 عاماً وسن 60 عاماً ذ/أ (لكل 1000 ساكن، 2013)
	798	مجموع النفقات الصحية للفرد (بالدولار الأمريكي الدولي، 2014)
	7.5	مجموع النفقات الصحية كنسبة مئوية من الناتج القومي الإجمالي (2014)

Types of community

2. Common-interest =

- Such as; professional organization, people with mastectomies.

- In common interest community people widely scattered geographically, but they have them together

Types of community

3. Community of solution = group of people who come together to solve a problem that affects all of them
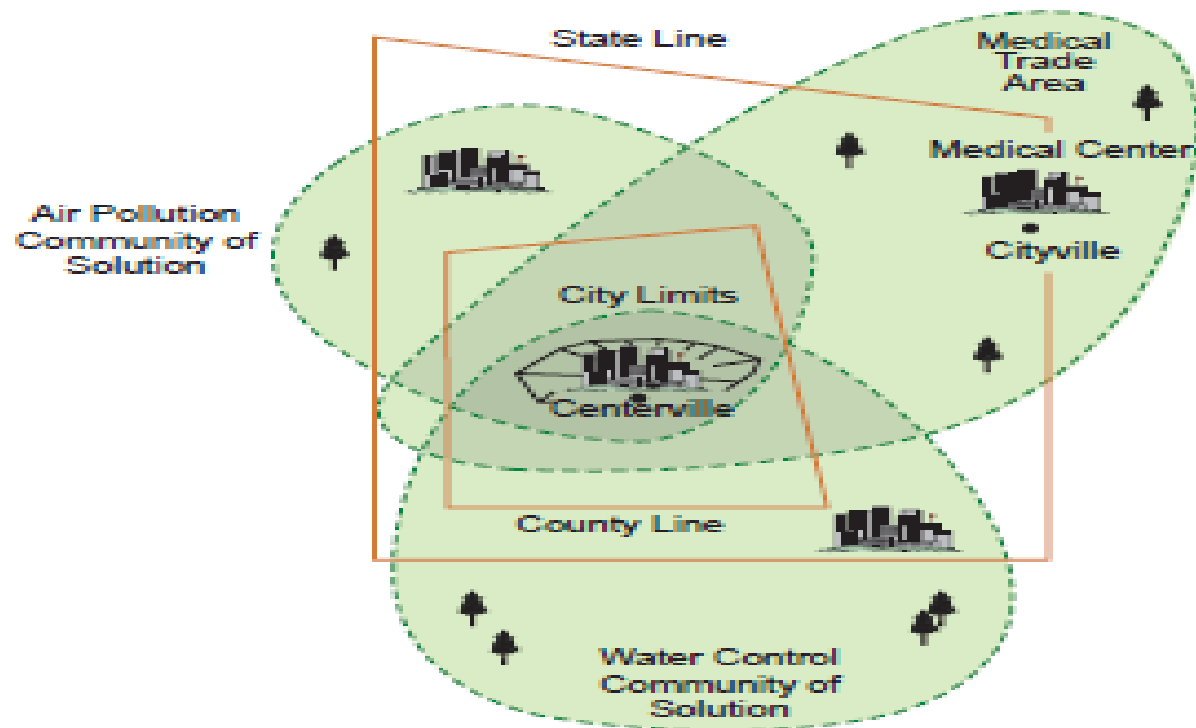
FIGURE 1.1 A city's communities of solution. State, county, and city boundaries (*solid lines*) may have little or no bearing on health solution boundaries (*dashed lines*).

Community Health Nursing
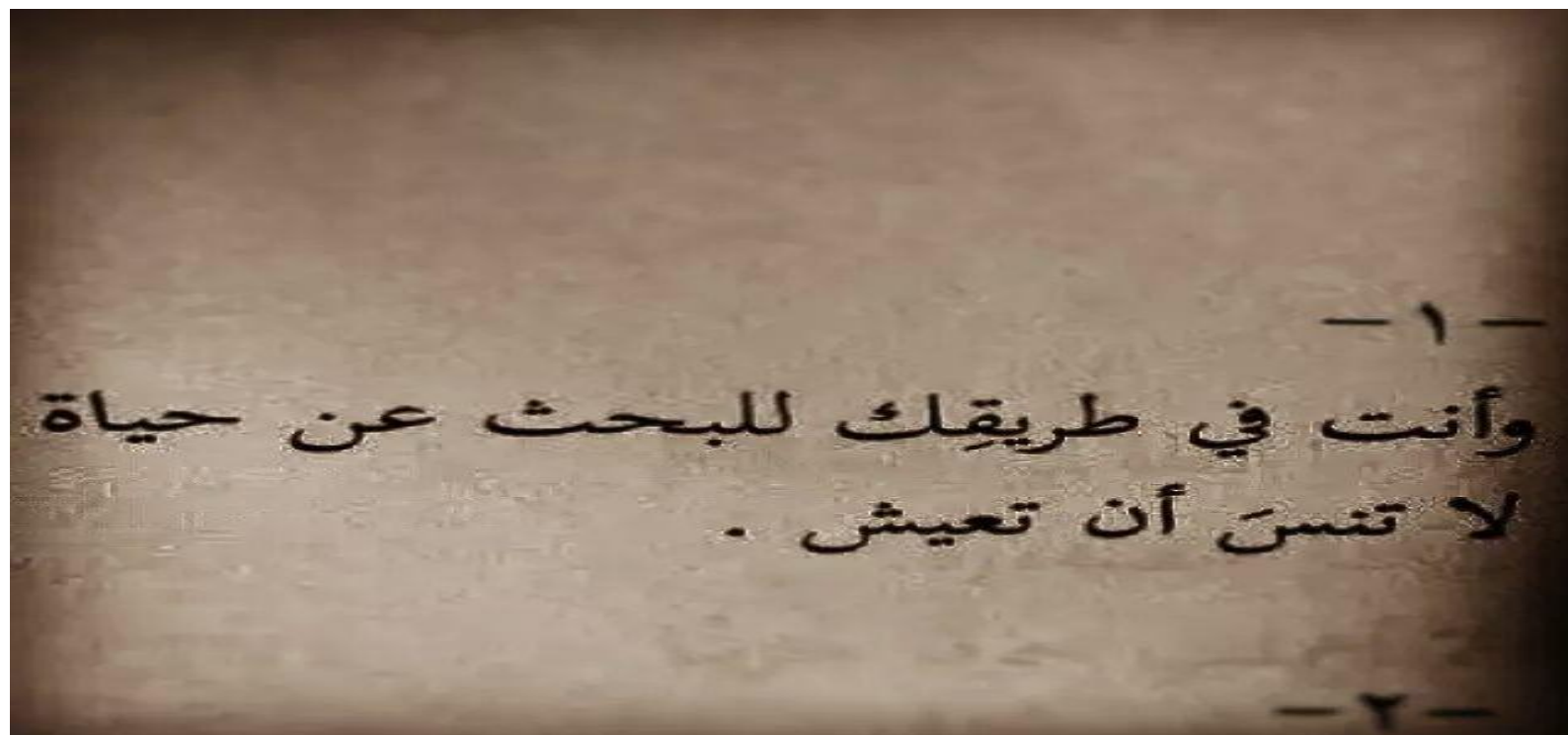
Community Health Nursing

Healthy community indicators (healthy people 2020)

- Access to Health Services
- Clinical Preventive Services
- Environmental Quality
- Injury and Violence
- Maternal, Infant, and Child Health

- Mental health
- Nutrition, Physical Activity, and Obesity
- Environmental quality
- Substance abuse
- Smoking

visit https://www.healthypeople.gov/2020/Leading-Health-Indicators

Community Health Nursing

Community Health Nursing

Components of Community Health Practice

1. Promotion of health (increasing wellbeing)

2. Prevention of health problems (anticipating and averting problems or discovering them as early as possible to minimize disability or impairment)

3. Treatment of disorders

4. Rehabilitation

5. Evaluation

6. Research

1. Health Promotion

- All efforts that seek to move people closer to optimal well-being or higher levels of Wellness for individual family and community .

- It is the combination of educational and environmental supports for action and condition of living conducive to health.

Ex. Health education, demonstrate healthier practices

2.Preventive health problems
a. Primary prevention

- aims to prevent disease or injury before it occurs.

- This is done by preventing exposures to hazards that cause disease or injury, altering unhealthy or unsafe behaviors that can lead to disease or injury, and increasing resistance to disease or injury should exposure occur

- **Examples**

- legislation and enforcement to ban or control the use of hazardous products (e.g. asbestos) or to mandate safe and healthy practices (e.g. use of seatbelts and bike helmets)

- Examples
- on primary
- prevention

- Eating well balanced diet
- Regular exercise program
- Maintaining weight
- No smoking
- Moderation of alcohol
- Information on alcohol substance
- Nutritional counseling
- Environmental control
- Safe water Supply
- Good food hygiene
- Safe waste management
- Vector and animal reservoir control
- Good living and working condition
- Stress management
- Immunization

b. Secondary prevention

- Aims to reduce the impact of a disease or injury that has already occurred.
- This is done by detecting and treating disease or injury as soon as possible to halt or slow its progress, encouraging personal strategies to prevent reinjury or recurrence, and implementing programs to return people to their original health and function to prevent long-term problems

- regular exams and screening tests to detect disease in its earliest stages (e.g. mammograms to detect breast cancer)
- Daily, low-dose aspirins and/or diet and exercise programs to prevent further heart attacks or strokes
- suitably modified work so injured or ill workers can return safely to their jobs
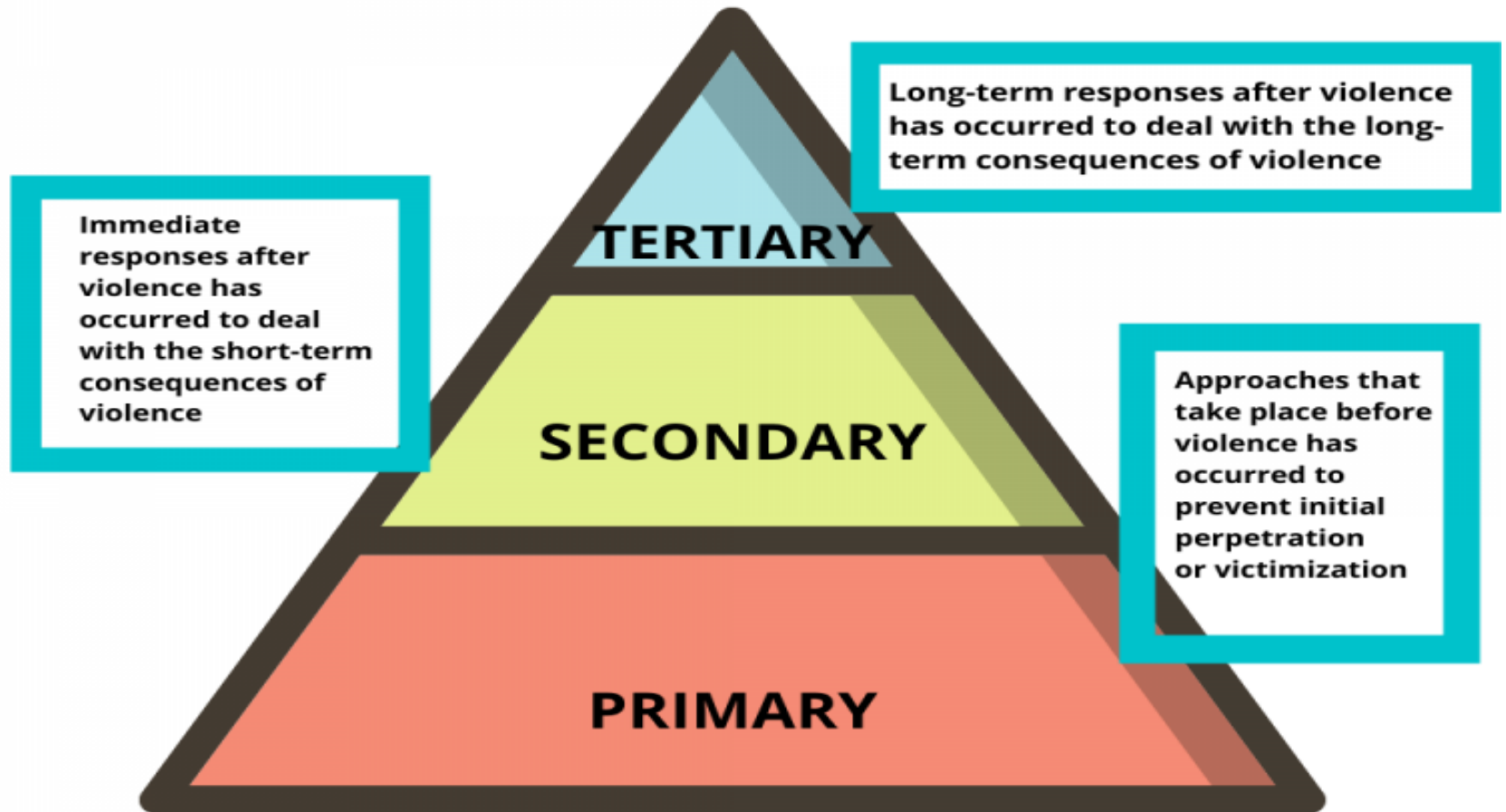
- Examples
- on secondary
- prevention

- **Secondary prevention has two sub-levels**

1. early detection (diagnosis) of disease

2. prompt treatment

  – breast self – examination

  – testicular self-examination

  – mammography

  – pap smear

  – BP screening

  – Blood glucose screening

  – Teaching breast self - examination

  – Antibiotic treatment of streptococcal pharyngitis aimed at preventing rheumatic fever

c. Tertiary prevention

- Aims to soften the impact of an ongoing illness or injury that has lasting effects.

- This is done by helping people manage long-term, often-complex health problems and injuries (e.g. chronic diseases, permanent impairments) in order to improve as much as possible their ability to function, their quality of life and their life expectancy

- Cardiac or stroke rehabilitation programs, chronic disease management programs (e.g. for diabetes, arthritis, depression, etc.)

- Vocational rehabilitation programs to retrain workers for new jobs when they have recovered as much as possible.

Violence prevention

Public Health Approach to Prevention

TERTIARY

Long-term responses after violence has occurred to deal with the long-term consequences of violence

Immediate responses after violence has occurred to deal with the short-term consequences of violence

SECONDARY

Approaches that take place before violence has occurred to prevent initial perpetration or victimization

PRIMARY

3. Treatment of disorder

- It focuses on illness end and the main stages are:

- Direct services (education, home service…)

- Indirect services (assist people by others…)

- Developmental services (to correct un healthy programmed)

Components of
Community Health Practice, cont.

4. Rehabilitation: Effort to reduce disability and restore   function.

5. Evaluation: process by which that practices is analyzed, judged and improved according to established goals and slandered.

6. Research: systematic investigation to discover facts that affecting community health and improve methods of health services.

Community Health Nursing

Eight Characteristics of Community Health Nursing

1. Field of nursing : Shifting from individual to aggregate.

2. Combines public health with nursing Community-based & population focused Public health sciences & nursing theory

3. Population focused in their environment

4. Emphasizes prevention

5. Promotes client responsibility & self-care

6. Use aggregate assessment measurement & analysis (use epidemiology and biostatistics concepts)

7. Uses principles of organizational theory

8. Involves inter-professional collaboration

Differences between Hospital Nurse and CHN

Item	Hospital Nurse	Community Health Nurse
Setting	• Works in **hospital**	• Works in **community settings**, homes, schools, industries, hospitals…etc
Nursing role	• **Specialized** i.e. works with **specific ages or diseases.** • **Interdependent** within health sector. • Provides **comprehensive care to individual patients only.** • Applies **professional nursing practice.**	• **Generalized** i.e. works with **all groups and different diseases.** • Interdependent within the health sector and **other sectors.** • Provides comprehensive care to **individual, families and community.** • Applies professional practice with basic **community health nursing practice.**

Differences between Hospital Nurse and CHN

Item	Hospital Nurse	Community Health Nurse
Nursing concern	• **Conditions requiring hospitalization i.e. sick individuals and disabled**	• **Prevailing health problems and community needs.** • **Total population especially underserved and high-risk groups.**
Nursing practice	• **Main principle in practice is curative, prevention of complication and health teaching i.e. focus mainly on secondary and tertiary prevention.** • **Patient well to be discharged.** • **The nurse is the hostess.**	• **Main principle in practice is prevention and health promotion i.e. focus mainly on primary and secondary prevention** • **Client well to be self-independent.** • **The client, family, community is the hostess.**