Tikrit University

College of Nursing

Clinical Nursing Sciences

Fourth Year - 2023-2024

Community Health Nursing

(Introduction to Community Health Nursing)

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Introduction to Community Health Nursing

The Concept of the Community.

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

- Sharing common interests (eg, a community of farmers),
- living under the same laws and regulations (eg, a prison community).
- The function of any community includes its members' collective sense of belonging and their shared identity, values, norms, communication, and common interests and concerns.
- Vulnerable: populations are groups and communities at a higher risk for poor health as a result of the barriers they experience to social, economic, political and environmental resources, as well as limitations due to illness or disability

Although many believe that health and illness are individual issues, evidence indicates that they also are community issues. The spread of the HIV pandemic, nationally and internationally, is a dramatic and tragic case in point So, Communities can influence the spread of disease, provide barriers to protect members from health hazards, organize ways to combat outbreaks of infectious disease, and promote practices that contribute to individual and collective health.

Many different professionals work in community health to form a complex team:

- The city planner designing
- The social worker
- The physician
- And other

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, and the development of the social machinery to insure everyone a standard of living adequate for the maintenance of health, so organizing these benefits as to enable every citizen to realize his birthright of health and longevity.

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 is a specialized practice. It combines all of the basic elements of professional clinical nursing with public health and community practice.
- CHN is a synthesis of nursing practice and public health practice applied to promoting and preserving the health of populations.
- Community based is define as nurse provide sick care in community settings.
- Community focused: bringing of nursing knowledge and expertise to community health nursing.
- One of the challenges community health practice faces is to remain responsive to the community's health needs. As a result, its structure is complex; numerous health services and programs are currently available or will be developed.
- Examples include health education, family planning, accident prevention, environmental protection, immunization, nutrition, early periodic screening and developmental testing, school programs, mental health services, occupational health programs, and the care of vulnerable populations.

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.

A population also may be defined by common qualities or characteristics, the common characteristic might be anything that thought to relate to health such as age, sex, race, social class etc.

Aggregate; are people who don't have the relatedness necessary to constitute an interpersonal group buy who have one or more characteristics in common

Example:

- Aggregate can be identified by virtue of setting(those enrolled in a well-baby clinic
- Demographic characteristics (women)
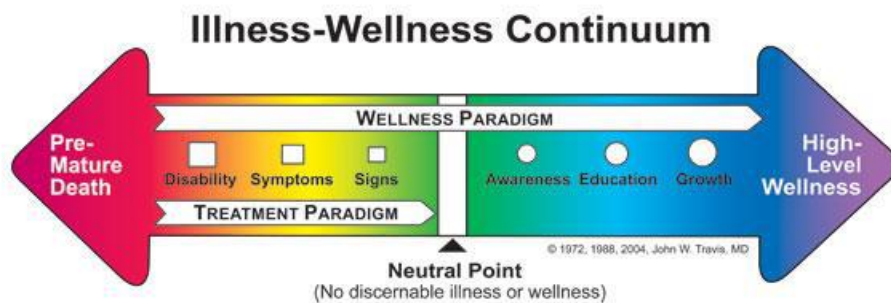- Health status (smokers, hypertension)

The Concept of Health

Wellness: Is the process of moving towered 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. There are many levels and degrees of wellness and illness, because health involves a range of degrees from optimal health at one end to total disability or death at other.

- High level wellness. (Optimal Health)
- Good health. - Normal health - Illness. - Critical illness.
- Total disability or Death.

The Health Continuum: Wellness–Illness

Objective 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, adults, workers, elderly handicapped and eligible couple etc.
6. To conduct research and contribute to the further refinement and improvement of community health nursing practice
7. To supervise, guide and help health personnel in carrying out function effectively.
8. To participate in preparing health personnel to function in community for community health care services.

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-centered in orientation, community that provide (disease prevention, health protection, and maintenance, and health promotion. so, the community health nursing called imperial for others nursing field. following ideas and beliefs:

1.Philosophy of individual's right of being healthy.

2. Philosophy of working together under a competent leader for the common good.

3. Philosophy that people in the community have potential for continued development and are capable of dealing with their own problems if educated and helped.

4. Philosophy of socialism: health is believed to be one of the rights of all human beings nationally and internationally.

Components of Community Health Practice

(1) Promotion of health,

(2) prevention of health problems,

(3) treatment of disorders,

(4) Rehabilitation

(5) Evaluation

(6) Research

Characteristics of Community Health Nursing

(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; and

(7) It involves inter-professional collaboration.

Principles of Community Health Nursing (CHN):

1. The recognized need of individuals, families and communities: primary purpose is to further apply public health measures within the framework of the total CHN effort.

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: level of functioning is influenced by the degree to which it can deal with its own problems.

4. CHN integrated health education and counseling as vital parts of functions: These encourage and support community efforts in the discussion of issues to improve the people's health.

5. Periodic and continuing evaluation provides the means for assessing the degree to which CHN goals and objectives are being attained: Clients are involved in the appraisal of their health program through consultations, observations and accurate.
6. Continuing staff education program quality services to client and are essential to upgrade and maintain sound nursing practices in their setting: Professional interest and needs of Community Health Nurses are considered in planning staff development programs of the agency.
7. Maintenance of accurate records is a vital responsibility of community as these are utilized in studies and researches and as legal documents.

Scope community health nursing
1. Home care
2. Nursing care
3. MCH & family planing
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

• **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. Skills in observation, listening, communication, counselling, and physical care are important for the community health nurse.

• **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 who teaches and prepares licensed practical nurses (LPN) and registered nurses (RN) for entry into practice positions

• **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. A second goal is to influence change and make the system more relevant and responsible to clients' needs.

• **Collaborator**: Collaboration with clients, other nurses, physicians, social workers, physical therapists, nutritionists, attorneys, secretaries, and other colleagues is part of the role of the community health nurse leader

• **Researcher**: systematic investigation, collection, and analysis of date to enhance community health practice Research in community health

• **leader**: the community health nurse directs, influences, or persuades others to effect change that will positively affect people's health