Introduction to Community Health Nursing

Definitions of Health: The state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

A community: is broadly defined as:

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

* Its social group determined by geographical boundaries and common values or interest and living under certain laws and regulation

Community health: is the Identification of needs and the protection and improvement of collective health within a geographically defined area.

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.

Public health nursing: It refers to the composite of nursing services and health promotion of the population. It is aim to improve sanitation, control epidemic, provide education about principles of personnel hygiene, prevention of disease and provide standard of living**.**

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...).

Goal of Community Health Programs: *XX*

1. **"**To improve the levels of health of the community"

2. First, identify potential and existing community health problems

3. Unique to each city

Types of community: *XX*

- ***Geographic*** = city, town, neighborhood

- ***Common-interest*** = church, professional organization, people with mastectomies

- ***Community of solution*** = group of people who come together to solve a problem that affects all of them.

Six Basic Elements of Practice are incorporated in Community Health Programs and Services:

1. Promotion of healthful living

2. Prevention of health problems (**_It is practiced on three levels in community health_**: (1) primary prevention, (2) secondary prevention, and (3) tertiary prevention).

3. Treatment of disorders (_It focuses on the illness end of the continuum and is the remedial aspect of community health practice_. **_This occurs by three methods: (1)_** direct service to people with health problems, (2) indirect service that helps people to obtain treatment, and (3) development of programs to correct unhealthy conditions).

4. Rehabilitation

5. Evaluation

6. Research

Community- Based Nursing, Population-focused Nursing:

Community-based nursing: is not defined by the setting or by the level of academic preparation but by a philosophy of practice. It is about how the nurse practices, not where the nurse practices.

Community-based nursing is based on the following concepts:

1. _The individual and the family have primary responsibility for health care decisions._

2. _Health and social issues are acknowledged as interactive._

3. _Treatment effectiveness, rather than the technologic imperative, drives, decisions._

Community - based nursing care _can be defined_ **_as nursing care directed toward specific individuals and families within a community_**. It is designed to meet needs of people as they move between and among health care settings. The emphasis is on a "flowing'' kind of care that does not necessarily occur in one setting. High-technology care that previously was available only in acute care settings is now provided in the home. The community-based nurse must teach clients and - families how to manage highly technical equipment and to be responsible for complex self-care.

Focus of Nursing: XXX

Nursing, in any setting and with **_any nursing theory_**, **_involves a focus of four components: the Client, the Environment, Health, and Nursing._** Each area is approached differently depending on whether the care is provided in the **_acute care setting_** or **_in the community-based setting_**.

In the acute care setting, **_the client_** is typically identified by the medical diagnosis and is separated from the family. **_The environment_** is controlled by the facility with restriction of the family's access to the client and a limitation on the client's freedom. **_Health_** and illness are seen as separate and apart from one another. If the client is discharged, the goals of acute care are met**_. Nursing_** functions are largely delegated medical functions that center on treatment of illness.

The Mission of community Health Nursing: XXX

◼ **Health Promotion**

▶ Physical health, mental health, and social and environmental health.

▶ Includes individuals' and communities' abilities to cope with changes (environmental, social) and to maintain overall health and well-being.

◼ **Health Protection**

▶ Workplace safety and health, food and drug safety, and other health/safety areas, as well as the regulations that provide for them.

▶ Avoiding illness and its consequences.

◼ **Health Balance**

▶ A state of well-being that results from a healthy interaction among a person's body, mind, spirit and environment

◼ **Disease Prevention**

▶ Includes activities designed to protect people from disease and its consequences

▶ Includes the three levels of disease prevention: Primary, Secondary and Tertiary Prevention

◼ **Social Justice**

▶ Ensuring basic needs are met (adequate income and health protection)

Characteristics of Community Health Nursing: XXX

1. It is a field of nursing.
2. It combines public health and nursing.
3. It focus in population and environment factors that may impact to people's health.
4. It emphasize in health promotion, illness prevention, and wellness.
5. It promotes client responsibility and self-care.
6. It uses aggregate measurement and analysis.
7. It use principle of organizational theory.
8. It involves inter-professional collaboration.

XXX Note clarify the first point: (It is a field of nursing)

Fields of nursing, nursing roles and different nursing specialties.

Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities, and populations.