

## Terminology of Community Health Nursing

**Endemic:** a disease that exists permanently in a particular region or population. (E.g. Malaria is a constant worry in parts of Africa).

**Epidemic:** An outbreak of disease that attacks many peoples at about the same time and may spread through one or several communities.

- Epidemics can occur upon endemic states too.

**Pandemic:** When an epidemic spreads throughout the world (Globally).

### What Is the Difference Between an Epidemic and a Pandemic?

#### What is an Epidemic?

An epidemic refers to a contagious, infectious or viral illness that spreads to many people in one specific geographic region. For instance, an outbreak of the **swine flu in the United States** would be considered an epidemic, as long as the infection is limited to just the United States.

#### What is a Pandemic?

A pandemic differs greatly from an epidemic. The pandemic refers to a contagious, infectious or viral illness that spreads, a pandemic is not limited to one specific geographic region, but has the potential to include millions of people in many areas and countries across the globe, **According to the World Health Organization's**

#### Description

Phases of a Pandemic:

WHO keeps track of all identified viruses, animal or human, through a set of phases or stages.

#### ➔ **Pre-Pandemic Interval**

- Phase1: During this phase , Viruses circulate within animals only. No human infection has yet.
- Phase2: **An animal virus has caused an infection in a human being.**
- Phase3: **The virus continues to spread.** The illness may be considered to be an **epidemic** in that community, but it is not yet pandemic.

## → Pandemic Interval

• Phase 4: **The virus spreads even more. Human-to-human and animal-to-human virus transmission is causing outbreaks in many communities and more people are getting sick in those communities.**

• Phase 5: **Human-to-human transmission is taking place in at least two countries in one WHO region.** This phase, a majority of countries have not yet been affected, but a pandemic is considered imminent. Phase 5 signifies that governments and health officials must be ready to implement their pandemic mitigation plans.

• Phase 6: **The last stage; is a global pandemic is underway.** Illness is widespread and governments and health officials are actively working to curtail the spread of the disease, and to help their populations deal with it using preventive and stop-gap measures. (The sixth wave is the top of the wave)\_\_\_

→ **During the Post-Peak Period**, pandemic disease levels in most countries with adequate surveillance will have dropped below peak observed levels. **The post-peak period signifies that pandemic activity appears to be decreasing;** however, it is uncertain if additional waves will occur and countries **will need to be prepared for a second wave.**

## → Post-pandemic

**Post-pandemic is the period after the pandemic has occurred.** After the increase in activity, the disease-spreading activity will begin to wane. Prevention of a second wave is key at this point.

**The time frame of these phases varies greatly, as it could range from months to years.**

## **Need for Surveillance & Benefit to C.H.N.:**

**1. Surveillance is Survey process at problem related in the health status, health level & community needs.**



**2. Surveillance is mechanism for ongoing collection community information.**

**3. Monitoring for change in disease frequency is essential to effective & responsive public health program.**

**4. Identify trend in disease and incidence.**

**5. Identify risk factors status by location and population. Sub-group overtime allow the community health nursing.**

**6. To evaluate the effectiveness of existing programs.**

**7. Implemented intervention targeted to high-risk group.**

## **Model for Community Health Nursing:**

### **1. Nursing Model:**

Is a paradigm that contain nursing process and it is considered a major domain for practice.

#### **This Model consist of:**

- a. **Holistic Model:** is a model that deals with all aspects of health as Caring Themes such as Physical, Psychological, Mental, and Spiritual health.
- b. **Particularistic Models:** is a model that deals with one aspect of health.

#### **Nursing Model deals with community need or problems**

### **2. Non-Nursing Model:**

- a. **Epidemiological Models:** are concerned with identification of the **Agent, Host, and Environment** that can be used to **Identify Risk Factors** and **Relative Risk of the Interaction Between** them.

Pre-pathogenicity — Pathogenicity — Post-pathogenicity

- b. **Health Promotion Model:** is the model that **Focuses on Health Maintenance and Wellness for Long-Term.** that Health Promotion models are **Preventive oriented** rather than **Curative model**, their main **Emphasis are on the Modification of the Community Behaviors from Unhealthy Behavior to Healthy Ones, that mean (Convert to Positive Behavior).** To be directed towards wellness rather than illness.

- c. **Health Belief Model:** is a model that deal with the individuals **Attitudes (Values and Beliefs)** in order to **Motivate Behavior** to be health oriented. When the Risk Reduction is generated at Risk **to be** → at Free of Risk.

#### **\*Health Education Model: (Awareness)**

- Health Education —→ **System wide approach** to **Promoting Healthy Behavior**
- Health Education —→ is **Foundation of practice** in **Community Health Nursing**
- Teaching —→ is a specialized communication process by which **Desired Behavior Change an achieved.**
- Learning —→ is a process of assimilating new information that **Promotes Permanente Change in Behavior.**