

First Lecture

Community Health Nursing

Community: A collection of people who interact with one another and whose common interest forms the basis for sense of unity and belonging e.g. languages, religion.

Health: A status of complete physical, mental, social well-being and not merely absence of disease or infirmity.

Community Health: Community health refers to the health status of the members of the community to the problems affecting their health and to the totality of care provided for the community.

Community Health Nursing: Is a synthesis of nursing practice and public health practice applied to promoting and maintenance of health of population e.g. Hand washing, playing sport

Public health: is the science and art of preventing disease, prolonging life, and promoting health

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, pregnant adolescents and the elderly.

A population is a group of people with common characteristics

Community-based nursing: is a type of nursing care that takes place in community settings. The focus is on the needs of the individual or

family, rather than on the population as a whole. Community-based nursing focused on health promotion and disease prevention in the community.

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.

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. Community-based nursing focuses on an individual and family in orientation. Community health nursing that provide (disease prevention, health protection, and maintenance, and health promotion).

Objectives of Community Health Nursing:

1. To increase capability of individuals, families, groups and community to deal with their health problems.
2. To conduct research about health problems.
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.

Mission of Community health nurses:

- 1- Health promotion.
- 2- Health protects and
- 3- Maintenance health of individuals, families, groups, communities and populations.

Characteristic of community health nursing:

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1-It is a field of nursing.

CHN is professional field because it means provide care to the client.

2- It combines public health with nursing.

Public and nurse should be interrelated to each other, to did increase the health status. Public health refers to promotion of health status in community.

3- It is population focuses.

The community health nursing specially focuses on community people and their health status.

4- It emphasizes prevention, health promotion and wellness.

Community health nursing is synthesis of nursing practice and preserving of **health of populations**. It is prevention of diseases and promotion of health and **health status**. It is provide health care to the community people.

5- It promotes client responsibility and self care.

Community health nursing is responsible for community people.

6-It uses aggregate measurement and analysis.

Community health nurse is aggregate measurement of health and analysis **community health status**. It analysis the social disease factors and promotion of health.

7- It uses principles of organizational theory.

Community health nurse is uses the doctor order, roles from the basis of theory. It uses the principles of health, how to promote health and prevention of diseases. (**organizational theory**)definitions that explain the behavior of individuals or groups or subgroups, who interacts with each other to perform the activities

8- It involves inter-professional collaboration

Community health nurse is professional of health. It involves the health status and management of health and education profession.

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.

Principles of Community Health Nursing (CHN):

1. The recognized need of individuals, families and communities.
- 2.CHN considers the family as the unit of service.

3. CHN integrated health education and counseling as vital parts of functions.

4. Respect for the values, customs and beliefs of the clients contribute to the effectiveness of care to the client.

- 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.

Roles of CHN:

1- Care provider:

Care provider, the nurse insure that health services are provided to individuals families, groups and population.

2- Educator:

Client encourage to positive healthy choses.

3-Advocater:

Help clients gain more independence and self determination.

4- Manager:

a. Assessing client needs

b. Planning and organized to meet those needs

c. Controlling and evaluating the progress health of the patients.

5- Collaborator:

Means working jointly with others on a common project to cooperate as parents, clients, nurse, physician, nutritionists, health educator, physical therapists .

6-Leader:

- a. Positive influence people
- b. Motivation people
- c. Coordinate .

7- Researcher:

Collection and analysis of data to solving problems and improve CHN practices.