

# Second Lecture

## Dimensions of Community Health Nursing

a model designed to incorporate public health concepts into CHN practice, including the nursing process and the levels of prevention.

### The model consists of three elements:

1. The Dimensions of Health.
2. The Dimensions of Health Care.
3. The Dimensions of Nursing.

### **1-The Dimensions of Health:**

These dimensions are factors that determine the population health and can be used to organize community health assessment.

#### **a. The Bio-physiological Dimension**

This dimension includes factors related to human biology that influence health:

- \* Age and developmental level,
- \* Genetic inheritance.
- \* Physiologic function.

#### **b. The Psychological Dimension: This dimension includes:**

##### **1. The self:**

- \* **Internal Psychological Environments.** e.g. ability to cope with stress.
- \* **External Psychological Environments.** e.g. stressful life events.

##### **2. Behavior**

**This dimension includes the personal behaviors that either promote or impair health:**

- \* Dietary habits.
- \* Recreation and exercise.
- \* Substance use and abuse.
- \* Sexual activity.

### **c. The Socio-cultural Dimension**

**It is consisted of factors within the social environment that influence health, either positively or negatively.**

#### **1. Social**

- \* Social structure: Employment, economic, politic
- \* Societal norms: Culturally accepted behaviors.
- \* Societal attitudes: Feeling, thinking, and belief of health issue.

#### **2. The Physical Environment:**

This dimension includes factors related to:

- \* Physical environment (e.g., Weather, geographical local, soil composition, temperature and humidity and radiation).
- \* Environmental hazards (e.g., Exposure to pathogens and allergens, pollution).

#### **4. The Health System Dimension**

**This dimension refers to the way in which the health services are organized and provided:**

##### **a. Structure** (personnel, materials, and fund)

- \* Availability.

##### **b. Process** (delivery of care)

- \* Accessibility.
- \* Affordability and
- \* Appropriateness.

##### **c. Outcome**

- \* Adequacy and
- \* Acceptability.

## **2- The Dimensions of Health Care:**

**The dimension that covers the plan for the nursing intervention to the identified health needs and problems.**

**Focused on the Prevention. Actions aimed at eradicating, eliminating or minimizing the impact disease and disability Such health care includes:**

### **1-Primordial prevention:**

Primordial prevention consists of actions and measures that inhibit the emergence of risk factors in the form of environmental, economic, social, and behavioral conditions etc.

**2.Primary Prevention:** Prevention of the occurrence of a condition or a problem, Health promotion, Illness and injury prevention.

**3. Secondary Prevention:** It is defined as “ action which halts the progress of a disease at its incipient stage and prevents complications (Screening, diagnosis, and treatment).

**4. Tertiary Prevention:** Prevention of consequences and prevention of recurrence of the problem.

### **3.The Dimensions of Nursing:**

**They include:**

\* **Cognitive Dimension:** The knowledge needed for the nurse to identify client health needs and to plan and implement care to meet those needs

\* **Interpersonal Dimension:** Effective elements include attitudes and values of the Community health nurses that effect the ability to practice, and interaction skill of communication and collaboration.

\* **Ethical Dimension:** Ethical decision making according to morals and ethical principles.

**\* Process Dimension in community health nursing:**

The Process dimension of community health nursing is framework that guides the community health nursing practice in term of presenting the community of preventive care and resources health care services by used scientific knowledge and systematic process which based on the community as individual, family, group, and aggregate need.

**a. Nursing process:** Community health nursing use nursing process as framework for nursing care.

**b. Epidemiological process:** Determinant of health (Identify factors that influence health & illness

**c. Health education process:** Healthy decision making and risky behaviors modification

**d. Home visits process:** Community health nursing use Home visits process to identify & plan client specific needs

**e. Case management process:** Community health nursing use Case management process to identify & plan care need and coordination in provision of health.

**f. Change process:** Change health care system

**g. Leadership process.**

**h. Group process.**

**All these process dimension benefits:**

**1- provide holistic view about health problems &needs**

**2- increase our body of through utilization systematic process and by use parameters and standards.**

### **5. Skills dimension:**

\*. **Manipulative skill** (the ability to perform such activities as giving immunization, providing tuberculin skin tests).

\*. **Intellectual skill** (capacity for critical thinking).

### **6-Reflective dimension:**

The nurses reflection their care through theory development, evaluation and research.

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