Approaches of Community Health Nursing

1- Epidemiological Approach

Epidemiological analysis and measurement allow researchers to measure health status and measurement of disease occurrences in a population. Surveillance of disease yields epidemiological intelligence data by providing systematic count of disease frequency. These data can be in turn used to estimate the magnitude of health problems in the community, detect epidemics and understand natural history of a disease or detect potential emerging infectious disease threats. Another use of this approach is case finding to identify health status of people who are at risk.

2- Nursing Process Approach

The nursing process is a modified scientific method. The nursing process uses clinical judgment to strike a balance between personal interpretation and research evidence in which critical thinking may play a part to categorize the clients issue and course of action. Nursing offers diverse patterns of knowing.

Phases of the nursing process:
The nursing process is goal-oriented method of caring that provides a framework to nursing care . It involves five major steps:
 A - Assess (what data is collected?)
 D - Diagnose (what is the patient's problem)
 P - Plan (how to manage the problem)
 I - Implement (putting plan into action)
 E - Evaluate (did the plan work?) .

Characteristics of the nursing process:
 1.   The nursing process is a cyclical and ongoing process that can end at any stage if the problem is solved.
 2. The nursing process exists for every problem that the individual/family/community has.
 3.   The nursing process focuses on physical needs, social and emotional needs.
 4.   Cyclic and dynamic goal directed and client centered Interpersonal and collaborative.
 5.   The entire process is recorded or documented in order to inform all members of the health care team.

3- Persuasive Approach

Persuasive approach implies convincing people through dialogue and educates them to change or modify their health behavior.

4- Enforcement Approach

The enforcement implies the use of more coercive measures, such as use of legislation e.g. immunization as a condition to school admission

5-Team Approach

Community health is a problem solving process and a team approach is very necessary to deal with varied and complex health needs and problems at large. It is just not possible for any one profession to provide such care.

6- Community Involvement Approach

Community involvement refers to **meaningful, consistent participation in activities that support and improve upon social wellbeing**[1]. Examples of community involvement include **engaging with, volunteering for to local schools, associations government, and/or nonprofit organizations**[1]. Community involvement can bring positive, measurable change to the communities .

7- Intersectoral Approach

Health of people at large cannot be attained by health sector alone because there are many factors which affect people health but they are not under the purview of the health sector e.g. food production and distribution, water, sanitation, housing, environmental protection and education etc.

8-Evidence-based Practice Approach

Evidence-based practice it involves using the best available evidence to inform decision-making and improve outcomes in various fields. Examples of evidence-based practice include:
Infection control and hand hygiene in healthcare settings.

9- Case Management approach:

Case Management: is a dynamic process that assesses, diagnosis, plans, implements, coordinates, monitors, and evaluates to improve outcomes, experiences, and value.

Four Types of Case Management Models

There are different models of case management;

1.   The Brokerage Model Case Management : approach in which caseworkers help clients identify their needs and broker supportive services in one or two contacts.

2.   The Clinical Case Management Model: a form of case management that involves a case manager who acts as a therapist or counselor for the client

3.   The Strengths-Based Clinical Case Management Model: form of the Rehabilitation-Oriented case model that identifies the client's strengths and goals and works to build habits and facilitate recovery

4.   The Intensive Case Management (ICM) Model: approach that is similar to the Assertive Community Treatment (ACT) model. It was initially developed to provide care for clients with behavioral/mental health and addiction recovery issues.

What are the Stages of Case Management?

The 7 Steps of Case Management.

1. ·Engagement.
2. ·Assessment.
3. ·Planning.
4. ·Implementation.
5. ·Monitoring.
6. ·Review and Analysis.
7. Conclusion.

The three dimensions that pervade all of the stages.

1.Documentation .

2. Supervision, Quality Control and Utilization Review

3. Relationship.

The 9 Core Tasks of the Case Management Process

The Case Management Process consists of nine phases through which case managers provide care to their clients:

1.Screening.
2.Assessing.
3.Stratifying Risk.
4.Planning
5. Implementing (Care Coordination).
6. Following-Up.
7. Transitioning (Transitional Care).

8. Communicating Post Transition.
9. and Evaluating.

10-Empowerment Approach:

The Empowerment Approach is a social work practice method that aims to empower individuals, groups, and communities to overcome personal and systemic challenges . It focuses on promoting self-development and awareness.

Community empowerment refers to the process of enabling communities to increase control over their lives. "Communities" are groups of people that may or may not be spatially connected, but who share common interests, concerns or identities. These communities could be local, national or international, with specific or broad interests. 'Empowerment' refers to the process by which people gain control over the factors and decisions that shape their lives.

Empowerment: is based on the idea that giving employees skills, resources, authority, opportunity, motivation, as well holding them responsible and accountable for outcomes of their actions, will contribute to their competence and satisfaction

Nursing empowerment:

Nursing empowerment means the ability to effectively motivate and mobilize self and others to accomplish positive outcomes in nursing practice and work environment.

"Enabling" implies that people cannot "be empowered" by others; they can only empower themselves by acquiring more of power's different forms. It assumes that people are their own assets, and the role of the external agent is to catalyze, facilitate or "accompany" the community inacquiring power.

Common task of nurse empowerment

1-**Leadership training:** Transformational leadership training can help promote engagement and structural empowerment in nurses .

2- **engagement:** Encouraging patients to ask questions and providing education and information specific to their level of health literacy can help promote empowerment .

3- **Mentorship:** Seeking out a mentor or becoming one, volunteering for committee roles, and taking educational courses can help develop leadership skills .

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4-**Self-empathy**: Encouraging nurses to embrace their emotions and process them can help them become more self-aware and confident

Factors contributing to nurse empowerment

1- structural empowerment : refers to the availability of resources, support, and opportunities for professional growth.

2- psychological empowerment :refers to the sense of control and autonomy that nurses feel in their work environment .

11- Health promotion Approach

Health Promotion

According to the World Health Organization, Health promotion is the process of enabling people to increase control over their health and its determinants, and to improve their health.

Health promotion represents a comprehensive social and political process, it not only embraces actions directed at strengthening the skills and capabilities of individuals, but also action directed towards changing social, environmental and economic conditions so as to alleviate their impact on public and individual health.

Three basic strategies for health promotion:
1. advocacy for health to create the essential conditions for health.
2. enabling Health promotion focuses on achieving equity in health
3- mediating between the different interests in society in the pursuit ofhealth

Other health promotion Strategies:
1. Build healthy public policy
2. Create supportive environments for health
3. Strengthen community action for health
4. Develop personal skills, and
Re-orient health services.

Health promotion priorities:
1. Promote social responsibility for health
2. Increase investments for health development
3. Expand partnerships for health promotion
4. Increase community capacity and empower the individual
5. Secure an infrastructure for health promotion