

Clinical Speciality – II

COMMUNITY HEALTH NURSING

Placement : II Year

Hrs of Instruction: 150 hrs

Course Description:

This course is designed to assist students in developing expertise and in-depth understanding in the field of community health nursing. It will help students to develop advanced skills for nursing intervention in various aspects of community health care settings. It will enable the student to function as community health nurse practitioner/specialist. It will further enable the student to function as educator, manager and researcher in the field of community health nursing.

Objective:

At the end of the course the students will be able to :-

1. Appreciate trends and issues related to community health nursing- reproductive and child health, School health, Occupational Health, International health, rehabilitation, geriatric and mental health.
2. Apply epidemiological concepts and principles in community health nursing practice.
3. Perform community health assessment and plan health programmes.
4. Describe the various components of Reproductive and child health programme.
5. Demonstrate leadership abilities in organizing community health nursing services by using inter-sectoral and multi-disciplinary approach.
6. Describe the role and responsibilities of community health nurse in various national health and family welfare programmes.
7. Participate in the implementation of various national health and family welfare programme.
8. Demonstrate competencies in providing family centered nursing care independently.
9. Participate/Conduct research for new insights and innovative solutions to health problems.
10. Teach and supervise nurses and allied health workers.
11. Design a layout of sub centre/Primary health centre/Community health centre and develop standards for community health nursing practice.

Course Outline

Unit	INC Requirement	Content
I	20	<p><u>Epidemiology</u></p> <ul style="list-style-type: none"> • Concepts, scope, definition, trends , History and development of modern Epidemiology. • Contribution of epidemiology & its implication in nursing • Epidemiological methods Measurement of health and Disease • Health policies • Epidemiological approaches & study of disease causatives • Health promotion • Levels of prevention • Epidemiology of Communicable diseases • Epidemiology of Non-communicable diseases • Emerging and re-emerging diseases Epidemics • National Integrated disease surveillance programme • Health information system • Epidemiology study and reports • Role of Community Health Nurse
II	40	<p><u>National Health and Family Welfare Programmes</u></p> <ul style="list-style-type: none"> • Objectives, organization/man- power /resources, activities and goals. • Inter-sectoral approach Implementation, item/purpose, role and responsibilities of community health nurse. • National Vector Borne Disease Control Programme (NVBDCP) • National Filaria Control Prog-ramme • National Leprosy Eradication Programme • National programme for Control of Blindness • National Iodine Deficiency disorders Control Programme. • National Mental Health Programme • National AIDS Control Programme • National Cancer Control Programme

		<ul style="list-style-type: none"> • NRHM • National FW programme • Reproductive and Child Health Programme <p>Health Schemes:</p> <ul style="list-style-type: none"> • ESI • CGHS • Health Insurance <p>Visits (ESIS hospital, CGHS, RCH Bureau, National AIDS Control Centre etc.,)_____</p>
III	15	<p>School Health</p> <ul style="list-style-type: none"> • Introduction, definition, concepts, objectives, history of school health nursing. • Health assessment, Screening, identification, referral and follow up. • Safe school environment • Services, programme and plans -first aid, treatment of minor ailments • Inter-Sectoral Coordination • Adolescent health • Disaster, disaster preparedness, and management • Guidance and counseling • School health records- maintenance and its importance • Roles and responsibilities of community health nurse. • Visit to a School
IV	15	<p>International Health</p> <ul style="list-style-type: none"> • Global burden of disease and Global health rules to halt disease spread • Global health priorities and programmes • International quarantine and Health tourism. • International cooperation and assistance, International trade and travel. • Health and food legislation, laws, adulteration of food • Disaster management • Migration • International health agencies-World health assembly • International health issue and problems • International nursing practice standards • International health vis-a- vis national health

		<ul style="list-style-type: none"> • International health celebration days and their significance • Visit to UNICEF Office etc.,
V	15	<p><u>Education and administration</u></p> <ul style="list-style-type: none"> • Quality assurance • Standards, protocols, Policies, Procedures • Infection control, standard safety measures • Nursing audit • Design of Sub-Centre/Primary Health Centre/Community health Centre • Staffing, Supervision and monitoring – Performance appraisal • Budgeting • Material management • Role and responsibilities of different categories of personnel in community health • Referral chain-community outreach services • Transportation • Public relations • Planning in-service educational programme and teaching • Training of various categories of health workers and preparation of manuals • Visit to subcentre, PHC, CHC, hospital Infection Control Centre, Quality Control Centre if any, & Inservice Education Department
VI	10	<p><u>Geriatric</u></p> <ul style="list-style-type: none"> • Concept ,trends, problems and issues • Aging process and changes • Theories of aging • Health problems and needs • Psycho-social stressors and disorders • Myths and facts of aging • Health assessment • Home for aged- various agencies • Care of elderly and rehabili-tation of elderly • Elderly abuse • Training and supervision of care givers

Unit	Hours by INC	Content
		<ul style="list-style-type: none"> • Government welfare measures-programmes for elderly and role of NGOs • Roles and responsibilities of Geriatric nurse in the community • Visit to Old age home
VII	10	<p><u>Rehabilitation</u></p> <ul style="list-style-type: none"> • Introduction: Concept, principles, trends, issues and Rehabilitation team • Models, Methods • Community based rehabilitation Ethical issues and Rehabilitation Council of India • Disability and Rehabilitation- Use of various prosthetic devices • Rehabilitation of chronic diseases, Restorative rehabilitation and Vocational rehabilitation • Role of voluntary organizations • Psychosocial Rehabilitation • Restorative rehabilitation • Guidance and counseling • Welfare measures by Govt/Private sector • Roles and responsibilities of Community health nurse • Visit to Guidance and Counseling Centre
VIII	10	<p><u>Community Psychiatry</u></p> <ul style="list-style-type: none"> • Magnitude, trends and issues • National Mental Health Program-Community mental health program • The Changing Focus of care, the Public Health Model, Case management, Collaborative care and Crisis intervention • Welfare agencies • The community as Client <ul style="list-style-type: none"> - Primary Prevention - Populations at Risk - Secondary prevention - Tertiary Prevention • Community based rehabilitation • Human rights of mentally ill • Role of Community health nurse <p>Visit to Human Rights Office</p>

Unit	Hours by INC	Content
IX	15	<p><u>Occupational health</u></p> <ul style="list-style-type: none"> • Introduction: History of Occupational health nursing, trends, issues, definition, aims and objectives. • Workplace safety, Salient features of work environment. • Ergonomics and Ergonomic solutions • Occupational environment-Physical and social. Decision making, Critical thinking. • Occupational hazards of different categories-physical, chemical, biological, mechanical, Accidents, Foreign bodies • Occupational diseases and disorders • Measures for Health promotion of workers, Prevention and control of occupational diseases, disability, limitation and rehabilitation • Women and occupational health • Occupational Educational and Counseling • Violence at Workplace • Child labour • Disaster preparedness and management • Legal issues, Legislation, labour unions, ILO and WHO recommendations, Factories act ESI act. <p>Role of Community health nurse, Occupational health team</p> <p>Visit to an industry/factory</p>

Practical hrs

Total =960

SN	Deptt./Unit	No. of Week	Total hours
1	National Health and Family Welfare programmes(communitary health nursing)	17	510 hrs
2.	School health	3	90 hrs
3.	International health (Celebration of Days)	2	60hrs
4.	Administrative (SC/PHC/CHC)	2	60hrs
5.	Occupational health	2	60hrs
6.	Community Mental Health	2	60 hrs
7.	Geriatric	2	60 hrs
8.	Rehabilitation	2	60 hrs
	Total	32 weeks	960 hrs

Categorization of practical activities

Observed

- MCH Office and DPHNO
- CHC/First referral Unit/FRU
- Child Guidance Clinic
- Institute/Unit for mentally challenged
- District TB Centre
- AIDS control society
- Filariasis clinic
- RCH clinic
- STD Clinic
- Leprosy clinic
- Community based rehabilitation unit
- Cancer Centres
- Palliative care
- Home for Old age
- Mental health units
- De-addiction centres
- School Health services/Clinics
- Industry
- Selected industrial health centres
- ESI Unit
- Municipality/Corporation Office
- Zilla Parishad
- Urban Health Centres
- Laparoscopic sterilization
- Vasectomy
- All Clinics related to RCH
- Monitoring of national health and family welfare programmes

Assisted

- Laparoscopic sterilization
- Vasectomy
- All clinics related to RCH
- Monitoring of national and family welfare programmes

Performed

- Conduct various clinics
- Participate in baseline and specific surveys in urban and rural community
- School health assessment
- Health survey and Statistical analysis of data of surveys conducted.
- Home visiting and family health care
- Health assessment
- Imparting incidental and planned health teachings.
- Drug administration as per the protocols
- Treatment of minor ailments
- Investigating outbreak of epidemic
- Screening for leprosy, TB and non communicable disease
- Presumptive and radical treatment for Malaria
- Counselling
- Report writing
- Referrals
- Writing a project proposal
- Material management-requisition for indent, condemnation, inventory, maintenance.
- Training and Supervision of various categories of personnel at urban and rural setting.
- Evaluation of health programme
- Visits: Industry, NGO, rural hospital, DHO and BDO.

BIBLIOGRAPHY OF COMMUNITY HEALTH NURSING BOOKS

- Karon Saucier Lundy; Sharyn James; “Caring for the Public Health” Jones & Barlett Publishers –2001
- Philis E Schubert ; Janice E (EDT)” Community Health Nursing: Caring in action”; Thomson Delmor learning; -2003
- Patrician Carroll; “Community Health Nursing: A Practical Guide”; Thomson Delonar learning; -2004
- Lloyd F Novick ; Gleen P Mays; :Public Health Administration ; Principles for population based management” ; Jones and Bartlett Publishers;-2005
- Dianne Watkins; Judy Edwards; Pam Gastrell; “Community Health Nursing” Frameworks for Practice”; Elsevier Health Sciences- 2003
- Jenny little wood; “Current issues in Community Nursing” Primary Health Care in practice”; Elsevier Health Sciences ; 1999.
- Kamalam S; “Essentials in Community Health Nursing Practice”; Jaypee Brothers, Medical Publishers (P) Ltd, New Delhi.
- Marcia Stanhope & Lancaster Jeanette; “ Community Health Nursing – Process and practice for promoting health”; The C V Mosby Co, St Louis Toronto, 184.

COMMUNITY HEALTH NURSING

Placement: Second year

EVALUATION

Internal assessment (theory):

Max Marks

Periodical Exams-2

(Mid-term-50 & Pre-final-75 marks)

Marks: 125

Seminar-2

Marks: 50

For Internal assessment marks 175 be converted out of 25

Internal assessment (practical):

SN	Assignments	Marks
1	Family Care Study Urban-1	50
2	Family Care Study Rural-1	50
3	Family Health Care Plan - 2	50
4	Home Procedure Evaluation-2	100
6	Training of different categories of health personnel	100
7	School health Programme	100
8	Health Talk-2	200
9	Clinical evaluation in different areas of placement	100

For Practical Experience Internal assessment marks 750 to be converted out of 100

1. EVALUATION CRITERIA FOR SCHOOL HEALTH PROGRAMME (50 Marks)

SN	Assignments	Marks
1	Organization for school / checkup programme	08
2	Assessment to find out any deviation	10
3	Knowledge and application of scientific practice (Head to foot examination of child)	08
4	Communication skill with child, parent & teacher	04
6	Action taken including Health Teaching & referrals	08
7	Reporting to supervisor, parents and teacher	06
8	Recording on assessment proforma	06
	Total	50

I GUIDELINE FOR FAMILY HEALTH SURVEY

The students will acquire the knowledge in relation to -

- a) To conduct simple family health survey in the community.
- b) To be able to use survey card as a tool to collect survey data.
- c) To prepare various tables for the tabulation of collected data.
- d) To be able to interpret and present the data with the help of graphs and charts and compare with the national norms.
- e) To evaluate the continuity of family oriented health care based on survey.
- f) To maintain records and reports allowed by survey.

II GUIDELINE FOR COMMUNITY DIAGNOSIS

The students will acquire the knowledge in relation to -

- a) To select the significant public health problem to carry out community diagnosis.
- b) To be able to follow the steps of community diagnosis.
- c) To carry out assessment of selected group to identify deviation from normal in the community.
- d) To be able to summarize and interpret the data followed by presentation.
- e) To apply principles of epidemiology, levels of preventions will preparing future plans.
- f) To complete report and records.

III GUIDELINE FOR SCHOOL HEALTH PROGRAMME :

The students will acquire the knowledge in relation to -

- a) To be able to plan, organize and implement school medical checkup of the school children.
- b) To be able to identify deviation from normal while doing complete medical checkup of the school children.
- c) To complete the records on the school child assessment proforma and in the register.
- d) To be able to give health information to the school children and their parents.
- e) To use appropriate referral services.

IV GUIDELINE FOR EDUCATIONAL VISIT TO COMMUNITY HEALTH AGENCIES:

Objectives: Student should be able to

- i) Prepare a list of community health agencies in her field.
- ii) Explain how to organize educational visit.
- iii) To get acquainted with agency historical background, physical setup, broad policies & objectives and financial support.
- iv) To be able to - describe detailed organization structure of agency List the broad areas of activity

- Identify role of organization dealing with health problem promoting primary care, education and training.

V GUIDELINES FOR PUBLIC HEALTH ADMINISTRATION (MAY NOT BE FOR EVALUATION)

The students will acquire the knowledge in relation to

- To review the knowledge about public health administration at district level and selected Urban Public Health Centres.
- To acquire knowledge related to principles of management applied to public health and public health nursing practice field.
- To study system of procedures, work routines recordings and reporting being practiced in these practice field.
- To get an opportunity to act as a team leader.
- To identify needs for re-planning and understand evaluation as an essential component of re-planning in C.H. Nsg. services.
- Able to prepare an organizational chart of (i) District Health Office, (ii) Urban Public Health Center (iii) Child Welfare Center, (iv) Rural Hospital, (v) Community Health Center, (vi) P.H.C.

VI GUIDELINE FOR COMMUNITY IDENTIFICATION

This particular exercise helps the students in community identification and develops a community profile. Learns the systematic way of gathering data in the community aspects and liabilities in term of community health and illness.

Objectives: At the end of experience should able to -

- 1) Explain the importance of community identification
- 2) Systematically gather health related data about selected community.
- 3) Develop community profile
- 4) Identify health and health related resources in the community.
- 5) Examine relationship between data gathered to health and well being of the community.
- 6) Identify biological, physical and social factors that have bearing on the health of the community.
- 7) Use the information collected for community identification for necessary action.

Community Identification includes

1. Geographic Characteristics

Name of the locality or area
Boundaries
Important roads, street, buildings
Important landmarks
Seasons and months
Prepare a map of the area
Total area

2. Demographic Characteristics

a) Total population

Total Families

Average size of family

Population distribution according to Age & Sex

Education

Occupation

Income

Caste, religion, language

b) Vital health events

Birth rate

Death rate

Infant mortality rate

Morbidity rate

Specific morbidity

c) Special Health risk groups

(Infant, Toddlers, Antenatal Mothers, Lactating mothers, Antenatal multi problem family)

3. Environmental Characteristics

a) Houses - Number

Type

Living space per head

Other facilities (Bath, Kitchen, Toilet, Electricity, Water supply - Safe/unsafe)

b) Waste disposal and waste water disposal

- Collection and removal of soil waste

- Collection and removal of water waste

- Vector control measures

- Environmental sanitarium

c) Structural organization for environmental sanitation services

d) Educational opportunities

Schools

Private institution

College

Vocational institutions

4. Social Environment

- Local administration - municipality / gram panchayat
- Community organization
- Youth welfare organization
- Mahila Mandals
- Trade Union Organizations
- Labour units
- Business organizations
- Statutory bodies
- Panchayat
- Counsellors
- Executive committees
- Leadership Pattern

5. Channels of communications : Official, Non-official

- Common meeting places used
- Chaupal, community centre, hall
- Important communicators
- Traditional like barber, teachers, retired people
- Mechanism of communications
- Fairs and festivals, religious meetings and official meetings
- Media of communications
- Radio, T.V. and Cinema

6. Resources

- a) Economic resources of community
- b) Institutional resources
- c) Human resources
- d) Natural resources

7. Health knowledge, Beliefs and practices

- About health and disease
- Outlook on cause of disease, spread and presentation of disease
- Existing health practices related to prevention, care of some specific illness
- Superstitions related food and health practices
- Promotional health practices, food, rest, relaxation, recreation, games etc
- Attitude towards health agencies - positive or negative, Health programmes and community organization.

8. Health problems as felt by the community

- Major health problem and needs
- Priority problems as felt by the people or community leaders

9. Factors that can help or hinder community health actions

Success of these information

- Health and health allied resources
- Community people
- Community leaders - formal or informal
- Census records

V. GUIDE LINE FOR FAMILY CARE STUDY:

- 1) Introduction & objectives
- 2) Assessment of data – subjective & objective
 - i) Data related to
 - Environment & Sanitation
 - Immunization status of <5 children
 - Family planning practices
 - Nutritional status
 - Chronic health problems in the family
 - ii) Assessment of family members and writing health summary specifically vulnerable groups and high risk individuals (including physical, mental and social health aspects.)
- 3) Health needs identification on priority basis considering family as unit of service
- 4) Planning for Family Oriented Care (FOC)
 - i) Objective of FOC
 - ii) Short term Home nursing care plan
 - iii) Long term Home nursing care plan
- 5) Implementation of FOC, with scientific rationale; adaptation in home situation.
- 6) Technique & skill in home nursing procedures with rationale
- 7) Planning & implementing health teaching
 - i) Individual or group
 - ii) Use of simple AV aids
- 8) Specific dietary plan & nutrition rehabilitation
- 9) Drug study and home care if necessary
- 10) Evaluation of home nursing care
 - i) Review short & long term plan
 - ii) Re-planning and future plans
- 11) Use of table and groups where ever necessary.

VII. PROFORMA & GUIDELINE FOR HEALTH TEACHING

Topic Selected: -

1. Name of the student teacher:
2. Name of the supervisor
3. Venue:
4. Date:
5. Time:
6. Group:
7. Previous knowledge of the group
8. AV aids used
9. General objectives
10. Specific objectives

Lesson plan for health talk

S. No. Time Specific
objectives

Content Teaching

Learning

Activities

A V Aids Evaluation