# COMMUNITY HEALTH NURSING

**Placement- FIRST YEAR Time- 180 hours**

 **COMMUNITY HEALTH NURSING – I**

**Course Description**

This course is designed to help students gain an understanding of the concept of community health in order to introduce them to the wider horizons of rendering nursing services in a community set – up, both in urban and rural areas.

## General Objectives

Upon completion of this course, the students shall be able to:

1. Describe the concept of health, community health and community health nursing.
2. State the principles of epidemiology and epidemiological methods in community health nursing practice. 3 Explain the various services provided to the community and role of the nurse.

4 Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles.

**Total Hours – 80**

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| **Unit No.** | **Learning Objectives** | **Content**  | **Hr** | **Teaching** **Learning activities** | **Method of** **Assessment** |
| I | Describe the concept of health and disease and community health | **Introduction to Community Health** a) Definitions: Community, Community health, community health nursing 1. Concept of Health and disease, dimensions and indicators of health,

Health determinants 1. History & development of Community Health in India& its present concept.
2. Primary health care, Millennium

Development Goals 1. Promotion and maintenance of

Health | 10 | Lecture cum discussions. | Short Answers |

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| **Unit No.** | **Learning Objectives** | **Content**  | **Hr** | **Teaching** **Learning activities** | **Method of** **Assessment** |
| II | Explain various aspects of Community Health Nursing. Demonstrate skills in applying nursing process in Community Health Nursing settings | **Community Health Nursing** 1. Philosophy, goals, objectives & principles , concept and importance of Community Health Nursing,
2. Qualities and functions of

Community Health Nurse 1. Steps of nursing process; community identification, population composition, health and allied resources, community assessment, planning & conducting community nursing care services.
 | 14 | Lecture cum discussions. | Short answers Essay type |
| III | Demonstrate skill in assessing the health status and identify deviations from normal parameters in different age groups. | **Health Assessment** 1. Characteristics of a healthy individual
2. Health assessment of infant, preschool, school going, adolescent, adult, antenatal woman, postnatal woman, and elderly.
 | 10 | Lecture cum discussions. Demonstration Role Play Videos | Short answers Objective type Essay type Return demonstration |
| IV | Describe the principles of epidemiology and epidemiological methods in community health nursing practice. | **Principles of Epidemiology and** **Epidemiological methods** 1. Definition and aims of epidemiology, communicable and non-communicable diseases.
2. Basic tools of measurement in epidemiology
3. Uses of epidemiology
4. Disease cycle
5. Spectrum of disease
6. Levels of prevention of disease.
7. Disease transmission – direct and indirect.
8. Immunizing agents, immunization and national immunization schedule.
9. Control of infectious diseases.
10. Disinfection.
 | 10 | Lecture cum discussions. Noncommunicable disease module of government of India. Field visit | Short answers Objective type Essay type  |
| V | Demonstrate skill in providing comprehensive nursing care to the family. | **Family Health Nursing Care** a) Family as a unit of health 1. Concept, goals, objectives
2. Family health care services
3. Family health care plan and nursing process.
 | 12 | Lecture cum discussions. Role play Family visit | Short answersEssay type |

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| **Unit No.** | **Learning Objectives** | **Content**  | **Hr** | **Teaching** **Learning activities** | **Method of** **Assessment** |
|  |  | 1. Family health services – Maternal, child care and family welfare services.
2. Roles and function of a community health nurse in family health service.
3. Family health records.
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| VI. | Describe the principles and techniques of family health care services at home and in clinics.  | **Family Health Care Settings Home** **Visit:** 1. Purposes, Principles
2. Planning and evaluation
3. Bag technique
4. Clinic: Purposes, type of clinics and their functions
5. Function of Health personnel in clinics
 | 10 | Lecture cum discussions. Demonstration Visits – Home, health center  | Short answer Return demonstration  |
| VII | Describe the referral system and community resources for referral | **Referral System** 1. Levels of health care and health care settings.
2. Referral services available
3. Steps in referral.
4. Role of a nurse in referral
 | 6 | Lecture cum discussions. Mock drill | Short answer Objective type |
| VIII | List the records and reports used in community health nursing practice  | **Records and reports** a) Types and uses 1. Essential requirements of records and reports
2. Preparation & Maintenance
 | 3 | Lecture cum discussions. Exhibit the records. | Short answer Objective type |
| IX. | Explain the management of minor ailments. | **Minor Ailments** 1. Principles of management
2. Management as per standing instructions/orders.
 | 5 | Lecture cum discussions. | Short answer Objective type |

# COMMUNITY HEALTH NURSING I- PRACTICAL

## Placement: FIRST YEAR Time: Practical – 320 hours (8 weeks)

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| **Areas** | **Duration** | **Objectives** | **Skills** | **Assignments** | **Assessment methods** |
| Community health Nursing - urban / rural | 8 weeks | 1. Organize home visit
2. Prepare bagand demonstrate bag technique.
3. Build up and maintain rapport with family.
4. Identify needs of community
5. Practice procedure
6. Make referrals.
7. Plan and conduct health education on identified health needs.
8. Set up clinics with help of staff.
9. Maintain records and reports
10. Collect and record vital health statistics.
11. Learn about various organizations of community health importance.
12. Health Assessment family
13. Identify the health needs of various age groups.
14. Assess the environment
15. Maintain family folders.
16. Assessment nutritional needs
17. Demonstrate different method of preparing food according to the nutritional need of family.
 | * Conducting Home visits.
* Nutritional assessment of individuals.
* Provide care at home as per Standing Orders / protocol.
* Conduct health Education.
* Set up of different Clinics.
* Maintain Records & Reports.
* Practice family health nursing.
* Demonstrate different methods of preparation of Meals.
 | * Daily Diary
* Health talk -2
* Family care plan based on family study -2.
* Health assessment of an individual -2 • Community

Profile – 2 * Report of visit to water purification plant,

sewage plant, milk dairy, panchayat. | * Assess clinical performance with rating scale.
* Evaluation of daily diary, health talk, family care plan, health assessment, community

profile, observation report.  |

**ENVIRONMENTAL HYGIENE**

**Course Description**

This course is designed to help students acquire the concept of health, understanding of the principles of environmental health and its relation to nursing in health and disease.

## General Objectives

Upon completion of this course, the students shall be able to:

1. Describe the concept and principles of environmental health.
2. Demonstrate skills to apply the principles of environmental hygiene in caring for self and others.
3. Describe the environmental health hazards, related health problems and the services available to meet them.

**Total Hours – 30**

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| **Unit.** | **Learning Objectives** | **Content Unit wise** | **Hr** | **Teaching learning activities** | **Method of assessment** |
| I | Explain the importance of healthy environment and its relation to health and disease. | **Introduction** 1. Components of environment
2. Importance of healthy environment
 | 2 | Lecture cum discussions. | Short answer |
| II | Describe the environmental factors contributing to health andillness.  | **Environmental Factors Contributing to** **Health**  a) Water : * Sources and characteristics of safe and wholesome water - Uses of water.
* Rain water harvesting
* Water pollution – natural and acquired impurities
* Water borne diseases
* Water purification-small and large scale

b) Air : * Composition of air
* Airborne diseases
* Air pollution and its effect on health
* Control of air pollution and use of safety measures.
 | 22 | Lecture cum discussions Demonstration Exhibits Visit to water Purification plant, sewage treatment plant | Short answers Objective typeEssay type |

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| **Unit.** | **Learning Objectives** | **Content Unit wise** | **Hr** | **Teaching learning activities** | **Method of assessment** |
|  |  | c) Waste : * Refuse – garbage, excreta and sewage
* Health hazards
* Waste management: collection, transportation and disposal.

d) Housing: * Location
* Type
* Characteristics of good housing
* Basic amenities
* Town planning

e) Ventilation:  - Types and standards of ventilation f) Lighting: * Requirements of good lighting
* Natural and artificial lighting
* Use of solar energy

g) Noise * Sources of noise
* Community noise levels
* Effects of noise pollution
* Noise Control measures

h) Arthropods: - Mosquitoes, housefly, sand fly, human louse, rat fleas, rodents, ticks etc. - Control measures  |  |  |  |
| III.  | Describe the community organization to promote environmental health. | **Community organizations to promote environmental health** a) Levels and types of agencies: * National, state, local
* Government, voluntary and social agencies.

b) Legislations and acts regulating the environmental hygiene.  | 6 | Lecture cum discussions.  | Short answer Objective type.  |