

# COMMUNITY HEALTH & COMMUNITY HEALTH NURSING

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## → Community :

- Definition by WHO (1974) :

"A community is a social group determined by geographical boundaries &/or common values & interests. Its members know & interact with one another. Its functions within a particular structure & exhibits & creates certain norms, values."

## → Characteristics of community :

- 1) community has defined geographical boundaries which has the beginning & the end.
- 2) community is composed of people who live together in defined boundaries of community
- 3) community people have common psychosocial characteristics
- 4) people in community interact with one another
- 5) community has organised social structure & system & common organization which carry various functions.

## → Functions :

- 1) It provide space for housing, shelter, socialization & recreation
- 2) It provides means & facilities for livelihood.
- 3) It provides opportunity for employment.
- 4) It take care of socialization & education of its members
- 5) It takes care of safety & security of its members by enforcement of norms & legislation formulated by society.
- 6) It provides opportunity for people's participation & communication
- 7) It forms a link with social system outside the community for meeting its needs.

## ⇒ Community Health :

- The goal of community health is to attain "Health For All".
- Definition given by C.E.A Winslow, 1920, father of Public Health:  
"Public health is the science & art of preventing disease, prolonging, life & promoting health & efficiency through organised community efforts for sanitation of environment, the control of diseases, education of individuals in personal hygiene, the organisation of medical & nursing services".
- Definition by American Association of Public Health:  
"The art & science of maintaining protecting & improving health of people through organised efforts"

## → Objectives:

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- Promotion & protection of health
- Early diagnosis, treatment & control of further spread of disease
- control of disabilities & rehabilitation

## → Community Identification:

- Defines as " a process of exploring & knowing a defined community for assessing its health status & determining the possible factors affecting the health of people in community.
- It implies getting to explore & know:
  - Geographical area, housing pattern, climate etc
  - Population characteristics
  - Lifestyle of people
  - Leadership pattern
  - Family type, family size & caste groups.
  - Beliefs, attitudes, values,
  - Institutional facilities.

## Community identification help to:

- prepare community map showing geographical boundaries, housing pattern, roads etc
- know & describe community profile as per the various categories of information collected
- Identify health needs & health problems of community.

## → Community Diagnosis:

- community Diagnosis is written statement of health needs & health problems which are determined by analysis of data collected for community identification.
- After community identification, health needs & health problems are prioritized for planning & implementing community health actions.

## → Community Treatment/Community Health Actions:

### - Definition:

"Various health & health related activities which are planned & implemented to deal with identified health problems & health needs."

### - community health actions are planned considering:

- Nature of problems
- Effect of problem on people
- Felt needs & problems of community
- community resources & capabilities.

## ⇒ Preparations of community health workers:

### - They need to acquire knowledge about:

- community set-up & dynamics
- community approaches
- population dynamics & vital health statistics.

- Epidemiological aspects of diseases
- Health planning & health care delivery system
- They also need to have skills
  - community identification, health assessment & diagnosis
  - Planning & implementation of community health actions.
  - collection & compilation of health statistics.
  - community organisation
  - Team functioning
  - Group information, education, communication etc

⇒ Community Health Team Functioning:

- It provide comprehensive health care services & deals with various simple to complex problems
- The team members include :-
  - physicians
  - community health nurses
  - Health supervisor

Team members work together demographically & complement .. one another.

# ⇒ Community Health Nursing :

"Community health nursing is a unique blend of nursing & community health, woven into a service which when properly developed & implemented can have a tremendous impact on health."

## → Goals :

- To promote & preserve health
- To restore health when it is impaired
- To minimise suffering & distress
- To promote quality living
- To develop self-care abilities

## → Objectives :

- To increase the competency of individuals, families, groups & community to deal with their own health & nursing needs
- To strengthen community resources.
- To control environment & develop resistance to environmental conditions
- To prevent & control communicable & non-communicable diseases
- To provide specific services to mothers, children etc
- To conduct research & training programmes
- To supervise, guide & help health personnel in carrying out their functions.

## ⇒ Philosophy :

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- Philosophy of community health nursing pertains to underlying ideas & beliefs which determine its practices.
- community health nursing believes that :
  - Health is fundamental human right & is attained through overall development
  - Health goals & objectives are achieved by working together under the leadership of a competent leader
  - People in community have potential for continued development & capable of dealing with their own problems
  - The society has the obligations to meet the total needs of people & to protect & ensure the health of people.
  - Philosophy of dignity & worth of individual
  - Philosophy of freedom of expression & making decisions.

## ⇒ Difference Between Community Health Nursing & Institutional Nursing :

community health nursing is the nursing care which is given in community where people live, work & gather formally & informally. Nurses has been prepared for institutional nursing but efforts have been put into include community health nursing concepts.

# ⇒ Evolution of community Health in India:

## 1) Vedic Period (3000 BC)

- Public health in India has its origin in Vedic period
- 1400 BC, Ayurveda & Siddha systems of medicine were in practice.
- These systems of medicine advocated holistic healthcare i.e. taking care of physical, mental & spiritual aspects of life.
- The principles of holistic health are described in Manu Samhita.
- The care to sick people in their homes & hospital was done by old women & men.

## 2) Post-Vedic Period (500 BC - 700 BC)

- This period was influenced by Buddhism
- King Ashoka (220 - 250 BC) contributed in exercise of principles
- He established many hospitals, instituted medical systems & 1 doctor was appointed to every 10 villages
- Monastic universities were set up in Taxila & Nalanda

## 3) Mughal Period (700 - 1850 AD)

- During this period, field of public health practices partly because of decline of Buddhism
- Around 1000 AD Arabic system of medicine, popularly known as Unani system, was introduced by Mughal empire.



#### 4) British Period (18<sup>th</sup> century - 1947) :

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- During this ~~per~~ period the civil & military services were started by East India company (1757)
- The actual public health services were started in 19<sup>th</sup> century when in 1859 the administration of India was taken over by British crown from East India company
- Florence Nightingale contributed a lot in improvement of health & sanitation conditions for army & civil population as well.
- These Acts included Birth & Death Registration Act 1873, vaccination Act 1880, - Indian Factory Act 1881
  - Local self Government Act 1885
  - The epidemic Disease Act 1887
  - The Government of India Act 1935
  - The Madras Public Health Act 1939
  - The Drug Act 1940

#### 5) Post-British Period (1947 onwards) :

After independence, the GOI developed a well-organised health care delivery system on guidelines provided by Bhoré Committee.

The following major areas has been considered on priority basis in each 5-year-Plan

- Control & eradication of communicable & non-communicable diseases.

- strengthening of medical & community health services
- population control
- Improvement of environmental sanitation
- Development of health through manpower, resource & research
- Development of indigenous system of medicine
- Drug control.

### ⇒ Evolution of community Health Nursing in India:

- Development of public Health nursing in India dates back to late 19th century (1886)
- In 1920, a Health school to train "Lady Health Visitors" was started at Nicholson Road, Delhi where dais were trained.
- In 1946, two colleges of nursing were started one each in Delhi & Vellore & offered B.Sc degree in nursing
- In 1952, diploma course in Public Health Nursing was started in College of Nursing, Delhi.
- 1953, it was shifted to All India Institute of Hygiene & Public Health.
- 1959, public health nursing was included in General Nursing & Midwifery (GNM)

## ⇒ Community Health Nursing Trends:

- The practice of public health nursing started with the services to mother & children, industrial workers
- The services were initially rendered by lady health visitors & later from 1930 onwards.
- community health nursing in present context is comprehensive
- The services are community-focussed & are provided to individual, families & group in community at their places of living & work
- The community health nursing services contribute in achieving the goal of 'Health for all'.