

Contents

Preface

v

Section I: Read-Learn-Apply

- 1. Introduction to Community Health Nursing** **3-8**
 - Definitions 3
 - Historical Perspective of Community Health Nursing in World 4
 - Historical Perspective of Community Health Nursing in India 7
 - Summary of Development of Community Health Nursing 8
- 2. Concepts of Community Health Nursing** **9-15**
 - Concept of Community Health Nursing 9
 - Purposes of Community Health Nursing 10
 - Objectives or Goals of Community Health Nursing 10
 - Functions of Community Health Nursing 10
 - Scope of Community Health Nursing 12
 - Principles of Community Health Nursing 13
- 3. Roles and Responsibilities of Community Health Nurse** **16-18**
 - In Health Center 16
 - In Community Area 17
- 4. Home Visit** **19-25**
 - Definition 19
 - Purposes 19
 - Principles of Work/Home Visiting 20
 - Objectives 21
 - Steps in Home Visiting 21
 - Advantages of Home Visiting 23
 - Problems of Home Visits and Possible Solutions 23
 - Home Visit in Western Countries 24
- 5. Family and Family Health Nursing** **26-32**
 - Definition 26
 - Concept of Family 26
 - Characteristics of Healthy Family 27

Family Life Cycle	27	
Types of Family	27	
Functions of Family	29	
Family in Health and Illness	29	
Factors Affecting Family Health	30	
Family Health Care	30	
Objectives of Family Health Care	31	
Principles of Family Health Care	31	
Typology of Nursing Problems in Family Nursing Practice		
Family Coping Index		
6. Health Education		33–38
Definition	33	
Objectives	33	
Principles of Health Education	34	
Approaches of Health Education	35	
Scope of Health Education in Community Area	36	
Audiovisual Aids	36	
Definition of Audiovisual Aids	37	
Classification of AV Aids	37	
Characteristics of AV Aids	37	
7. Community Health Nursing Process		39–53
Definition	39	
Characteristics of Community Health Nursing Process	40	
Advantages of Community Health Nursing Process	40	
Components of Community Health Nursing Process	40	
Assessment	40	
Nursing Diagnosis	41	
Outcome Identification	46	
Planning	46	
Rationale	47	
Implementation	47	
Evaluation	50	
Model Nursing Process	51	
8. School Health		54–64
History of Schools	54	
Components of School	55	
Responsibilities of Teachers	55	

School Health Service	55
Objectives	55
Components	55
Healthful School Environment	57
Purposes to Improve School's Physical Environment	59
Health Threats and Diseases in School	60
Preventive Measures	62
School Health Nursing	62

9. Occupational Health	65-81
Definition	65
Objectives	66
Occupational Environment	66
Common Workplace Hazards	66
Occupational Diseases	67
Pneumoconiosis	68
Workplace Health Management	72
Component	72
Occupational Health Team	72
Prevention of Occupational Diseases	72
Ergonomics	74
Child Labor	75
Women and Work	77
Workplace Violence	78
Occupational Health Nursing	79
World Day for Safety and Health	80
10. Disaster Nursing	82-92
Meaning	82
Types of Disaster	82
Causes of Disaster	84
Classification of Victims	84
Impact of Calamities	84
Disaster Management	85
Personal Protection During Different Types of Emergency	90
Role of Community Health Nurse in Disaster Management	91
11. Family Planning	93-106
Definitions	93
Small Family Norm	94
Objectives of Family Planning	94

- Scope of Family Planning Services 94
- Health Aspects of Family Planning 95
- Contraceptive Methods 95
- Characteristics of Ideal Contraceptives 95
- Classification 96
 - Temporary Family Planning Method 96
 - Permanent Family Planning Method 96
- World Contraception Day 105

12. Care of Priority Age Group

107-123

- Child Development Milestone Chart 107
- Care of Neonate and Infant 111
- Care of Toddler 113
- Care of Pre-school Child 115
- Care of School Age Child (6 to 12 Years) 116
- Care of Adolescent Child (10 to 19 Years) 116
- Antenatal, Intranatal and Postnatal Mothers' Cares 118, 121, 122
- Care of Old Age People 123

13. Nutrition: A Part of Health

124-144

- Introduction 124
- Classification of Nutrients 124
- Classification of Foods 125
 - Protein 125
 - Fat 125
 - Carbohydrate 127
 - Vitamins 127
 - Minerals 127
- Balanced Diet, Food Pyramid and Food Plate 129
- Deficiency Diseases 129
- Recommended Dietary Allowances 143

14. Water and Health

145-164

- Definition 145
- Safe and Wholesome Water 145
- Use of Water 146
- Requirement of Water 147
- Sources of Water 147
- Well 148
 - Types 148
 - Sanitation 149

Drinking Water Quality Standards 149
Drinking Water Supply System 150
Large Scale Purification of Water 151
Small Scale Purification of Water 155
Hardness of Water 158
Fluoridation Program 159
Water Pollution and Its Hazards 160
Prevention of Water Pollution 162

15. Environment and Health 165-180

Definition 165
Components/Elements of Environment 165
Environmental Health Hazards 166
Environmental Sanitation 166
Environmental Health 166
Air 168
Noise 175
Radiation 177

16. Housing 181-190

Definition 181
Goals of Housing 181
Requirements for Satisfied Housing 182
Right to Housing 182
Effects of Poor Housing on Health 182
Overcrowding 182
Standard of Housing in India 183
International Standards of Housing 185

17. Waste Management 191-204

Definitions 191
Health Hazards 191
Methods of Waste Disposal 192
Liquid Waste (Sewage) 193
Modern Sewage Treatment 194
Other Methods of Sewage Disposal 196
Latrines and Methods of Excreta Disposal 197
Disposal of Dead Body 202
Responsibilities of Community Health Nurse in Disposal of Waste and Excreta 203

18. Health Planning and Management	205–225
Health Planning 206	
Steps of Health Planning 206	
Planning Process/Planning Cycle 206	
Management 208	
Principles of Management 208	
Management by Objective (MBO) Method 209	
Input-Output Model 209	
PERT (Program Evaluation and Review Technique) and CPM (Critical Path Method) 210	
Planning Committees in India 210	
Planning Commission 213	
Health Sector 214	
Five-Year Plan 214	
Health for All by 2000 AD 219	
National Health Policy, 2002	
Millennium Development Goals and Worldwide Achievement 220	
Health Care Services and Care Provider 224	
19. Health Administration in India	226–232
Health Administration in India at Central Level 226	
Health Administration in India at State Level 228	
Health Administration in India at District Level 229	
Urban Local Self-Government 229	
Municipal Corporation 230	
Municipality 230	
Nagar Panchayat 230	
Rural Local Self-Government: Panchayati Raj 231	
Village Level Panchayat 231	
Block Level Panchayat 231	
District Level Panchayat 232	
20. Primary Health Care	233–243
Definition 233	
Origin of Primary Health Care 234	
The Declaration of Alma Ata, 12th September, 1978 234	
Elements of PHC 236	
Principles of PHC 238	
Primary Health Care in India 240	
Village Level 240	

- Subcenter Level 241
- Primary Health Center Level 242
- Community Health Center Level 242

21. Job Description of Different Categories of Health Personnel in Community 244-259

- Public Health Nurse 244
- Medical Officer, PHC 245
- Community Health Officer 247
- Block Extension Educator 248
- Health Workers—Male and Female 249
- Health Assistants—Male and Female 252
- Laboratory Technician 253
- Computer 254
- Health Guide 254
- Dai 256
- Anganwadi Worker 257
- ASHA 257
- Traditional Birth Attendant 258
- Skilled Birth Attendant 258

22. Voluntary Health Agencies 260-275

- International Multilateral Health Agencies 262
 - World Health Organization (WHO) 262
 - United Nations International Children's Emergency Fund (UNICEF) 266
 - United Nations Development Program (UNDP) 268
 - UN's Fund for Population Activities (UNFPA) 269
 - Food and Agricultural Organization (FAO) 269
 - International Labor Organization (ILO) 269
 - World Bank 269
- International Bilateral Health Agencies 270
 - USAID 270
 - Colombo Plan 271
 - SIDA 271
 - DANIDA 272
- Non-Governmental and Other Health Agencies 273
 - Ford Foundation 273
 - Rockefeller Foundation 273
 - CARE 273
 - International Red Cross 274
 - Indian Red Cross 274
 - The Junior Red Cross 274

- 23. National Health Programs in India** **276–321**
- National Vectorborne Diseases Control Program 277
 - National Malaria Eradication Program 280
 - National Filaria Control Program 282
 - National Leprosy Eradication Program 283
 - Revised National Tuberculosis Control Program 285
 - National AIDS Control Program 287
 - Universal Immunization Program 293
 - National Program for Control of Blindness 294
 - National Cancer Control Program 297
 - National Mental Health Program 299
 - National Diabetes Control Program 300
 - National Iodine Deficiency Disorders (IDD) Control Program 300
 - Integrated Child Development Services (ICDS) Scheme 302
 - Mid-day Meal Program 305
 - Reproductive and Child Health Program 307
 - National Rural Health Mission (NRHM) 317
 - 20-Point Program 319
- 24. Acts in India** **322–336**
- Central Pollution Control Board 322
 - Air (Prevention and Control of Pollution) Act, India, 1981 323
 - Acts on Noise Pollution 324
 - Medical Termination of Pregnancy Act, 1971 325
 - Employees State Insurance Act, 1948 326
 - The Factories Act, 1948 (Amendment Act, 1987) 330
 - Prevention of Food Adulteration Act, 1954 333
 - Child Labor Acts and Laws 335
- 25. Impact of Sociology in Community Health Nursing** **337–347**
- Impact of Sociology on Health 337
 - Norms 337
 - Customs 339
 - Values 339
 - Marriage System 340
 - Gender and Women Empowerment 343
 - Child Abuse 344
 - Women Abuse 346
 - Female Feticide 346

26. Legal and Ethical Issues in Community Health Nursing	348–357
Definitions 348	
Sources of Law 348	
Types of Law 349	
Legal Concepts of Crime/Torts 349	
Grossly Unethical Behavior in Community Area 350	
Professional and Legal Regulation of Nursing Practice 351	
Nursing Standards 351	
ANA Standards of Professional Performance 351	
Ethical Issues Need to be Considered in Community Interventions 355	
General Ethical Responsibilities 356	
Importance of Ethical Behavior in Community Interventions 356	
27. Community Health Nursing Theories and Models	358–368
Definition 358	
Nursing Process: Feedback System Model 358	
Application of Model in the Nursing Process 359	
Theories and Models for Community Health Nursing 360	
Maslow’s Hierarchy of Needs 360	
Kalish’s Expanded Hierarchy Model 361	
General System/Open System Theory 361	
Nightingale’s Theory of Environment 362	
Millio’s Framework of Prevention 362	
Leavell and Clark’s Prevention Model 363	
Ardell’s Wellness Model 363	
Travi’s Illness/Wellness Model 364	
Self-Efficacy Model 364	
MATCH Model 365	
Rosenstock’s Health Believe Model 366	
Canadian Model 367	
Holistic Nursing Model 367	
Section II: Observe-Practice-Do	
28. Bag Technique	371–374
Meaning 371	
Purpose of the Bag 371	
Principles of Bag Technique 371	
Community of Bag Articles 372	
Aftercare of Articles 374	

29. Procedures**375-401**

Handwashing 375

Vital Signs 377

TPR Monitoring 377

BP Monitoring 380

Quick Physical Assessment 381

Urine Test for Sugar and Albumin 388

Hemoglobin Testing 391

Wound Dressing 393

Oral Medication 394

Injection Procedure 395

Scabies Treatment 397

Standing Instructions for a Community Health Nursing for Minor Ailments 397

Appendices**Appendix A:** Gordon's Functional Health Patterns 405**Appendix B:** Format of Data Collection 408**Appendix C:** NANDA: Taxonomy II 411**Appendix D:** List of Action Verbs 416**Appendix E:** Community Health Survey Format 417**Appendix F:** Community Performance Evaluation 421**Appendix G:** Community Health KAP Survey Format 422**Appendix H:** A Typology of Nursing Problems in Family Nursing Practice: To Assess Problems 425**Appendix I:** Family Coping Index: To Assess Coping Ability of Family to a Specific Problem 429**Appendix J:** Balanced Diet 433**Appendix K:** Recommended Dietary Allowances 434*Index*

437-445