

# Contents

|  |           |
|--|-----------|
| <b>Unit 1. Orientation to Community Health and Community Health Nursing</b>                | <b>1</b>  |
| • <i>Community</i>   | 1         |
| • <i>Rural Community</i>   | 1         |
| • <i>Urban Community</i>   | 2         |
| • <i>Health</i>  | 3         |
| • <i>Community Health</i>  | 3         |
| • <i>Community Health Nursing</i>  | 6         |
| • <i>Community Health Nurse Preparation</i>  | 9         |
| <b>Unit 2. Principles, Philosophy, Qualities and Functions of a Community Health Nurse</b> | <b>12</b> |
| • <i>Principles of Community Health</i>  | 12        |
| • <i>Principles of Community Health Nursing</i>  | 13        |
| • <i>Philosophy of Community Health Nursing</i>  | 16        |
| • <i>Selection of the Area for Providing Community Care</i>                                | 17        |
| • <i>Qualities of a Community Health Nurse</i>   | 18        |
| • <i>Functions of a Community Health Nurse</i>   | 18        |
| • <i>Role of Community Health Nurses</i>   | 21        |
| • <i>Community Needs Assessment (CNA)</i>  | 23        |
| <b>Practical 1: Community Identification</b>   | <b>31</b> |
| • <i>Objectives</i>  | 31        |
| • <i>Community Identification</i>  | 32        |
| • <i>Indications</i>   | 32        |
| • <i>Points to be Kept in Mind</i>   | 32        |
| • <i>Equipment or Tools Required</i>   | 33        |
| • <i>Procedure</i>   | 34        |
| • <i>Guidelines for Community Identification</i>   | 34        |
| • <i>Preparing a Report of Community Profile</i>   | 38        |
| <b>Practical 2: Preparing a Map of the Community</b>                                       | <b>39</b> |
| • <i>Objectives</i>  | 39        |
| • <i>Preparing a Map of the Community</i>  | 39        |
| • <i>Indications for Preparing a Community Map</i>   | 39        |
| • <i>Points to Keep in Mind</i>  | 40        |

- *Articles Required for Preparing a Map* 40
- *Procedure* 40
- *Enlarging the Map* 42
- *Placement of Map* 43

**Unit 3. Community Health Nursing Practice: Philosophy and Objectives** **44**

- *Philosophy of the Department of Community Health Nursing* 44
- *Objectives* 45

**Unit 4. Family as the Unit of Service** **46**

- *Family, Individual and Community as a Unit of Service* 46
- *Genogram* 48
- *Ecogram* 50
- *Family Roles* 51
- *Functions of the Family* 52
- *Objectives/Goals of Family Health* 55
- *Family Developmental Tasks* 55
- *Principles of Family Healthcare* 56

**Unit 5. Family Nursing Process** **57**

- *Assessment* 58
- *Nursing Diagnosis* 58
- *Planning* 58
- *Implementation* 59
- *Evaluation* 59

**Practical 3: Baseline Survey Format of Family** 60

- *Genogram* 61

**Unit 6. Home Visit** **65**

- *Principles of Home Visit* 65
- *Steps for Home Visit* 66
- *Guide for Home Visit* 66
- *Meeting the Family* 67
- *Fact Finding* 67

**Unit 7. Bag Technique** **70**

- *Objectives* 70
- *Description of the Bag* 70

**Unit 8. Procedures** **75**

- *Oral Temperature* 75
- *Rectal Temperature* 76

- *Collecting Specimen for Sputum Examination* 77
- *Urine Analysis* 77
- *Steam Inhalation* 80
- *Checking of Hemoglobin* 82
- *Wound Dressing* 84
- *Injection Procedure* 87
- *Blood Smear for Malaria Parasite* 88
- *Testing for Refractory Error* 91
- *Assessment of Nutritional Status* 93
- *Physical Examination* 94
- *Anthropometric Measurements* 101
- *Nutritious Diet Preparation* 118
- *Antenatal Assessment* 121

**Practical 4: Organizing Various Programs 129**

- *Health Education Program* 129
- *Chlorination of the Well* 132
- *School Health Program* 134
- *Organizing Clinics and Camps* 137

**Practical 5: Preparation of AV Aids 139**

- *Selecting AV Aids for Health and Nutrition Education* 139
- *Care Plan Format* 143
- *Guidelines for Community Health Nursing Family Case Study* 144
- *Proforma* 147

|                 |     |
|-----------------|-----|
| <i>Appendix</i> | 149 |
| <i>Index</i>    | 153 |