Community Health Nursing

Introduction: Community health nursing is one of the professions that operate within the domains of community health and helps in meeting health and nursing needs of the community. It plays a crucial role in promoting, preventive, curative services to the health of people. Community health nursing lays major emphasis on primary level prevention and focuses on the entire community.

Definition: Community health nursing is a synthesis of nursing practices and public health practices applied in promoting and preserving the health of population.

Concept of community health nursing:
1. Nurses will be resources and aid to the public in achieving health, not the doctors.
2. Maximum participation from the nurses is expected in planning, implementation, and evaluation of programmes.
3. Nurses have an important role to play in health education.

Goals and Objectives of Community Health Nurse:
1. To increase the capability of individuals and families to deal with their health problems.
2. To increase the life expectancy.
3. To decrease the mortality and morbidity rate.
4. To prevent disability and promote rehabilitation services.
5. To strengthen the community resources.
6. To prevent communicable disease and non-communicable disease.
7. To help NGOs and other health organizations working in the field of community health.
8. To conduct research and contribute to the further improvement of community health practices.
9. To provide health services according to needs and evaluate programmes for further improvement.

Nature of Community Health Nursing:
On the basis of conceptual frame, there is a different nature of community health nursing:
1. Community health nursing is an integral part of community health.
2. It is a specialized field of nursing.
3. It is synthesized with community health and practice of nursing.
4. Community health nursing gives care as primary health or primary prevention.
5. Community health nursing promotes self-care responsibility.
6. Community health nursing works for people, with people, and by people.
7. Community health nurses provide continuous care, not episodic care.
8. Community health nursing deals with a wide range of health problems and health needs and providing need-based general health services.
PRINCIPLES OF COMMUNITY HEALTH NURSING:- Community health nursing principles are essential because they ensure relevant, safe, and correct practices to meet health needs of individuals, families, groups, and community. While working in community there are following principles:

1. Community health nursing practice is community focused, so it important for a nurse to defined community, make a map, and established working good relationship.
2. Community health nursing services based on needs of community peoples and all health programmes should be concerned with solution of health problem and resources available.
3. Health services should be suitable to the budgets and they should be practical.
4. Health services should be available in all areas of community and provide all people without partiality.
5. Professional relationship and proper etiquettes are essential in community health services.
6. Community health nurse should have job satisfaction and she can receive in-services training for continuous education and for improvement of knowledge.
7. Professional interest should be developed and maintained.
8. All the health team members should be guided by highly skilled and educated nurse supervised.
9. Health worker must maintain professional dignity.
10. Nurse should maintain professional cumulative records.

Functions of community health nursing:- There are so many functions of community health nursings:

1. It promote health of people by primary prevention and it help to prevent from diseases.
2. Prevention from disease by providing health education.
3. Restoration of the health of community people by increase their functional ability.
4. Provide awareness of community people through various education procedure to strengthen the health of community peoples.
5. Community participation is must while providing community health services to community peoples.
6. Provide specific protection against specific disease, e.g. tuberculosis, hypertensions, etc.