



chapter 1: the opportunity and challenges of community health nursing

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Objectives:

Upon mastery of this chapter, you should be able to:

- ⊕ Define **community health** and distinguish it from **public health**.
- ⊕ Explain the concept of **community**.
- ⊕ Describe three **types of communities**.
- ⊕ Diagram the **health continuum**.
- ⊕ Differentiate among the **three levels of prevention**.
- ⊕ Analyze the **six components** of community health practice.
- ⊕ Describe the **eight characteristics** of community health nursing.



Community health:

- ⊕ Just as a whole is greater than the sum of its parts, health of community is more than the sum of the health of individual citizens.
- ⊕ Community as practice field: seek to provide organizational structure, a broad set of resources, and the collaborative activities needed to accomplish the goal of an **optimally healthy community**.
- ⊕ In the acute care setting, the health of **individual** is the primary focus. In the community health broadens that focus to concentrate on **families, population, and community at large**.



Community Health (CH) and Public Health (PH)

- ⊕ **CH** = “Identification of needs and the protection and improvement of **collective health** within a geographically defined area”
- ⊕ **PH** = “Activities that society undertakes to assure the **conditions** in which people can be healthy”



CH & PH

Share many features

- ☼ Both organized community efforts aimed at the **promotion. Protection and preservation** of the public health.
- ☼ CH practice focus on specific **designated communities**. It is a part of large public health efforts. And recognized the fundamental concept and principle of the public health.
- ☼ CH services: health education, family planning, accident prevention, environmental protection, immunization, nutrition, etc.



PH

- ⊕ ***Public health is the science and art of preventing disease, prolonging life, and promoting health and efficiency***
- ⊕ ***through organized community efforts for the sanitation of the environment, the control of communicable infections, the education of the individual in personal hygiene,***
- ⊕ ***so organizing these benefits as to enable every citizen to realize his birthright of health and longevity (Pickett & Hanlon, 1990, p. 5)***



Population and aggregates

- ⊕ Ag :refers to a mass or grouping of distinct individuals who are considered as a whole and who are loosely associated with one another.
 - ⊕ It is a broader term that encompasses many different-sized groups.
- Pop :all people **occupying an area** or to all of those who share one or more characteristic.
- ⊕ Both communities and populations are **types** of aggregates.



Population:

- ⊕ Definition: all of the people occupying an area, or to all of those who share one or more characteristics
- ⊕ Population is made up of people who do not **necessarily interact** with one another and do not necessarily **share a sense of belonging** to that group.
- ⊕ A population also may be defined by common qualities or characteristics, **ex. elderly population**



Concept of Community

☼ ...Collection of people who **interact with one another** and whose **common interests or characteristics** form the basis for a **sense of unity or belonging**.

☼ ***List some communities:***

- ❏ A society of people holding common rights and privileges (eg, citizens of a town)
- ❏ A society sharing common interests (eg, a community of farmers),
- ❏ A society living under the same laws and regulations (eg, a prison community).



Cont.

- ✦ The function of any community includes its members' collective sense of belonging and their shared **identity, values, norms, communication, and common interests and concerns.**
- ✦ Some communities— a village in al Mafrq—are composed of people who share almost everything. They live in the same location, work at a limited number of jobs, and make use of the single health clinic.
- ✦ Other communities, such as members of the community of professional nurses (نقابة الممرضين), are large, scattered, and composed of individuals who share only a common interest.



Three Types of Communities

- ⊕ ***Geographic*** = city, town, neighborhood.

Jordan---AL Mafraq city----al Zaatre-----North village

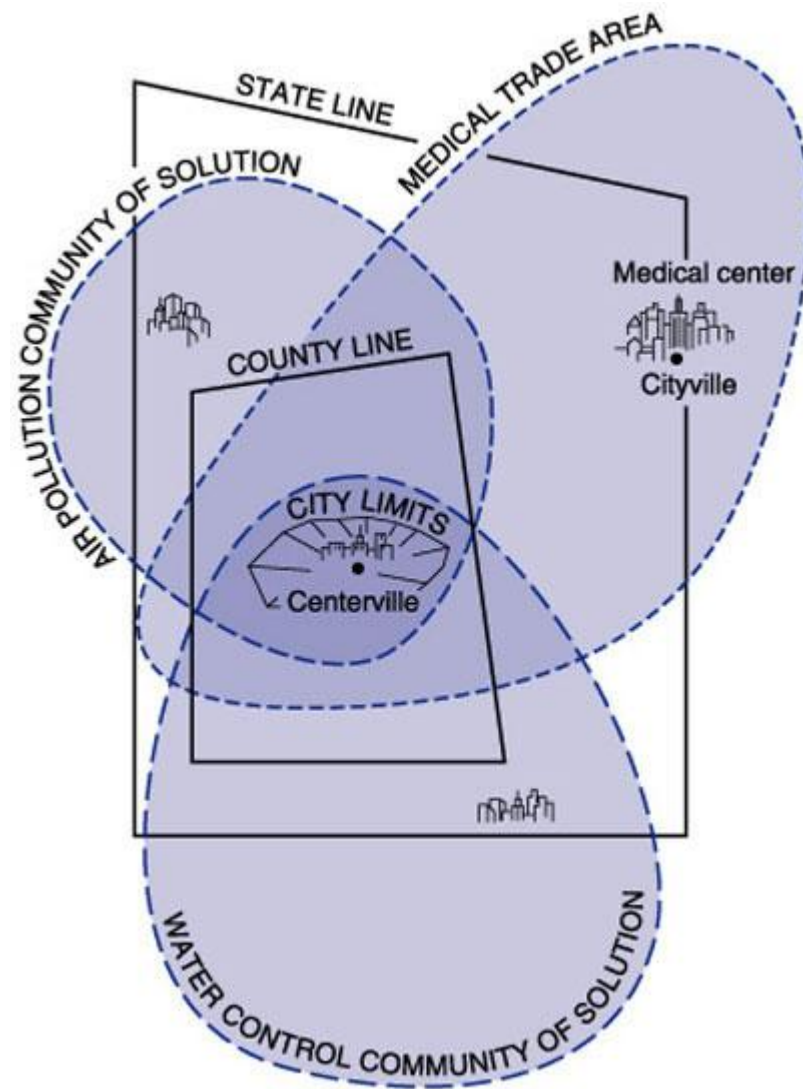
#Global health

- ⊕ ***Common-interest***: A collection of people, even if they are widely scattered geographically
- ⊕ example: mosques, professional organization, people with mastectomies.
- ⊕ ***Community of solution*** = group of people who come together to solve a problem that affects all of them



Example of Communities of Solution

- ✚ **The shape of this community varies with:**
- ✚ the nature of the problem.
- ✚ the size of the geographic area affected.
- ✚ the number of resources needed to address the problem.





Concept of health

- ✿ *Health: is a state of complete physical, mental, social wellbeing and not merely the absence of disease.*
- ✿ It is a holistic state of well beings which include soundness of mind body spirit.
- ✿ Wellness :including the definition of health and incorporates the capacity to develop a person.
- ✿ Potential to lead a fulfilling and productive life.
- ✿ Measuring in term of **quality of life**.



Subjective & objective dimensions of health

S :how people feel:

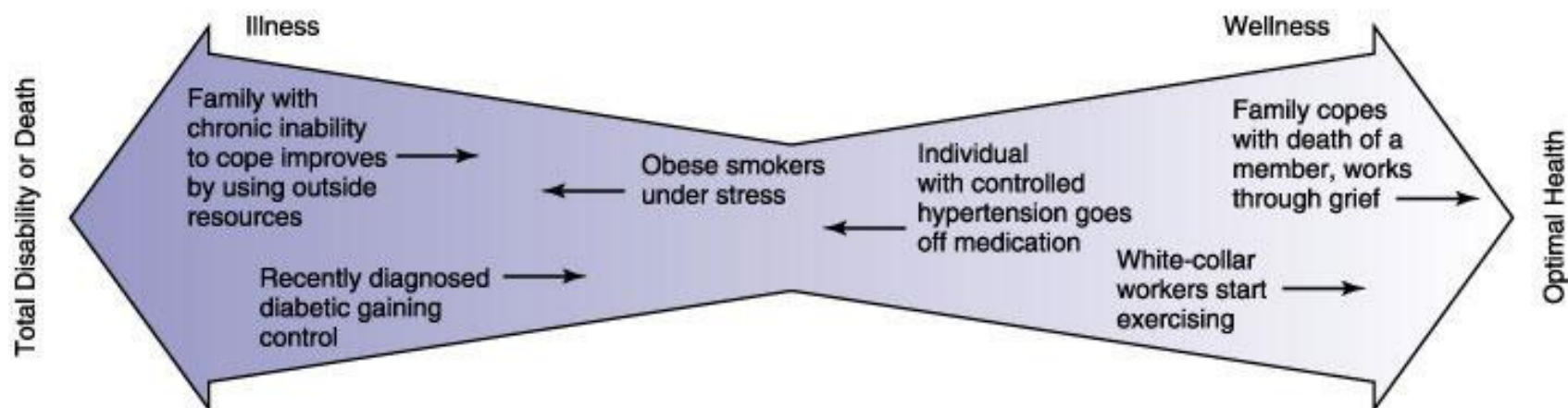
Healthy feels well, vital positive, minimal discomfort.

O :how they function in their environment:

Meet family needs, feeds him self, work, good communication, crime prevention.



Wellness-Illness continuum





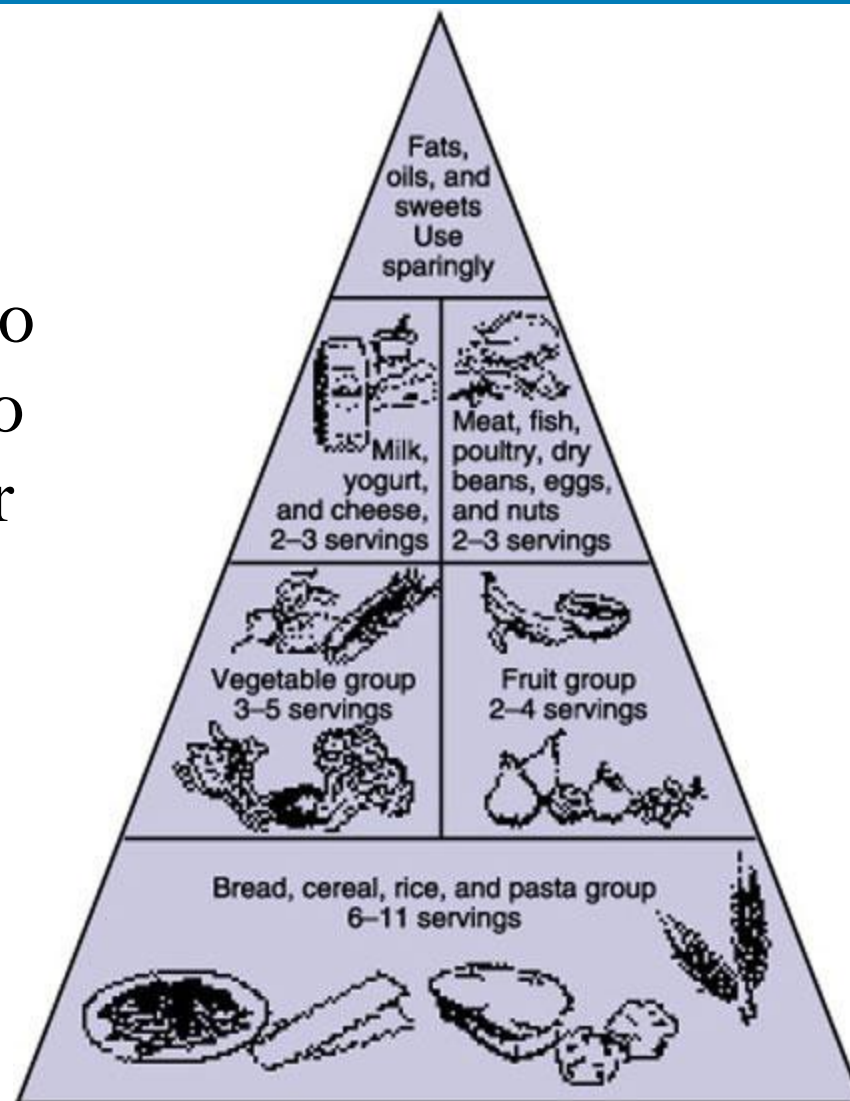
Six Components of Community Health Practice

- ⊕ Promotion of health
- ⊕ Prevention of health problems
- ⊕ Treatment of disorders
- ⊕ Rehabilitation
- ⊕ Evaluation
- ⊕ Research



Health Promotion:

- ☉ All efforts that seek to move people closer to optimal well-being or higher levels of wellness





Cont,

- ⊕ Community health efforts accomplish this goal through a three-pronged effort to:
 - ⊕ 1. *Increase the span of healthy life for all citizens*
 - ⊕ 2. *Reduce health disparities among population groups*
 - ⊕ 3. *Achieve access to preventive services for everyone*



Levels of Prevention:

- ⊕ Primary
 - ⊞ Keep illness or injury from occurring
- ⊕ Secondary
 - ⊞ Efforts to detect and treat existing disease
- ⊕ Tertiary
 - ⊞ Reduce the extent and severity of a health problem to its lowest possible level to minimize disability and restore or preserve function



Treatment of Disorders:

- ⊕ (1) direct service to people with health problems.
- ⊕ (2) indirect service that helps people to obtain treatment .
- ⊕ (3) development of programs to correct unhealthy conditions.



Describe Eight Characteristics of Community Health Nursing:

1. Field of nursing:

- shift from individual to aggregate, need for the principles of public health on the community.
- Confusion arises when it is defined only in terms of where it is practiced.

2. Combines public health with nursing:

Community-based & population focused

Public health sciences & nursing theory

3. Population focused:

4. Emphasizes prevention:



Cont- Describe Eight Characteristics of Community Health Nursing:

5. Promotes client responsibility & self-care
6. Use aggregate assessment measurement & analysis
7. Uses principles of organizational theory:
 - improvement of community health through organized community efforts.
8. Involves inter-professional collaboration