Ph.D. Syllabus Community Health Nursing

Specialty COMMUNITY HEALTH NURSING

AIM:-

The course is designed to assist students in developing expertise and in-depth understanding in the field of community health nursing .It would help the students to appreciate holistic life style of individuals, families and groups and develop skills to function as a Community health nurse specialist/practitioner .It would further enable the student to function as an educator, manager and researcher in the field of community health nursing.

The course is designed to assist students in developing expertise and in depth understanding in the field of community health nursing. It will help students to develop advance skills for nursing interventions in various aspects of community care settings. It will enable the students to function as community health nurse practioner /specialist. It will further enable the students to function educator, mangers and researcher in the field of community health nursing.

OBJECTIVES:-

At the end of the course the student will be able to:-

- Appreciate the history and development of the community health and community health nursing.
- Appreciate the role of individuals and families in promoting the health of the community.
- Perform physical, developmental ad nutritional assessment of the individuals, families and groups.
- Apply the concept of promotive, preventive, curative and rehabilitative aspects of health while providing the care to the patients.
- Integrate the concepts of family centered nursing approach while providing care to the community.
- Apply the nursing process approach while providing care to the individuals, families, groups and communities.
- Recognize and participate in the management of emergencies, epidemics and disasters.
- Apply recent technologies and care modalities while delivering community nursing care.
- Appreciate legal and ethical issues pertaining to community health nursing care.
- Conduct community health nursing projects.
- Participate in planning, implementation and evaluation of various national health and family welfare programmes at the local, state and the national level.
- Incorporate evidenced based nursing practice and identify the areas of research in the community settings.
- Participate effectively as a member of the community health team.
- Coordinate and collaborate with various agencies operating in the community by using an inter sectoral approach.
- Teach community health nursing to undergraduate, in-service nurses and community health workers.
- Demonstrate leadership and managerial abilities in the community health nursing practice.
- Appreciate trends and issues related to community health nursing- reproductive and child health, school health, occupational health, international health, rehabilitation, geriatric and mental health.
- Apply epidemiological concept and principles in community nursing practice.

- Perform community health assessment and plan health programmers.
- Describe various components of reproductive and child health programme.
- Demonstrate leadership abilities in organizing community health nursing services by using inter sectoral approach.
- Describe the role and responsibilities of community health nurse in various national health and family welfare programmers'.
- Participate in the implementation of various national health and family welfare programme.
- Demonstrate competencies in providing family centered nursing care independently.
- Participate /conduct research for new insights and innovative solutions to health problems.
- Teach and supervise nurses and allied health workers.
- Design a layout of sub centre/primary health centre/community health centre and develop standards for community health nursing practice.

Unit I -Introduction:

- Historical development of Community health and Community health Nursing- World and India, various health and family welfare committees.
- Current status, trends and challenges of Community Health Nursing, Health status of the Community.
- □ Scope of Community Health nursing practice, Ethical and legal issues.
- □ Socio-cultural issues in Community Health Nursing.
- National Policies, plans and programmers, National health policy, National Population policy, National Health and welfare Programmers, National Health goal/ indicators/ Millennium developmental goals (MDG)/ Strategies.
- □ Planning process: Five year plans, National Rural Health Mission.

Community Health Nursing:

- Philosophy, Aims, Objectives, Scope, Principles, Functions, Community Health Nursing Theories.
- Quality Assurance: Community Health Nursing standards, competencies, Monitoring community health nursing, nursing audits, Health assessment- individuals, groups and community.

- □ Roles and responsibilities of community health nurse, Family nursing and Family health centered nursing approach.
- Nursing care for special groups: children, adolescents, adults, women, elderly, physically and mentally challenged- Urban and rural population at large, Community diagnosis, setting objectives.
- □ Intervention: Micro and nursing plans, operationalisation and evaluation:
- Concept, role and responsibilities of community health nurse practitioners-decision making skills, follow nursing practice standards, advanced nursing practice, professionalism, legal.

Information, Education and Communication:

- □ IEC: Principles and strategies, Communication skills
- □ Management information and evaluation system: Records and reports
- □ Information technology, Tele-medicine and Tele-nursing.
- □ Journalism, Mass media, Folk media.

Epidemiology:

- Introduction Concepts, scope, definition, trends, History and development of modern epidemiology, Contribution of epidemiology, Implications, Epidemiological methods, Measurement of health and disease.
- □ Health policies. Epidemiological approaches: Study of disease causatives, health promotion, Levels of prevention. Epidemiology of communicable diseases and non communicable diseases. Emerging and re emerging disease epidemics. National Integrated disease Surveillance Programme. Health information system. Epidemiology study and reports. Role of community health nurse.

Unit II -Health:

- □ Concepts, Issues, Determinants, Measurements.
- □ Alternate system for health promotion and management of health problems.
- \Box Recent Health technology
- □ Health economics, Health technology, Genetics and health, Waste disposal, Eco system.

School Health:

□ Introduction: Definition, concepts and objectives Health assessment, screening, identification, referral and follow up. Safe environment. Services, programmers' and plans – first aid, treatment of minor ailments. Intersectoral coordination. Adolescent health. Disaster: Preparedness and management. School health records: maintenance and

its importance. Role and responsibilities of community health nurse.

Rehabilitation:

Introduction: Concept, principles, trends and issues. Rehabilitation team, Modes and methods, Community based rehabilitation. Ethical issues. Rehabilitation council of India.
 Disability and rehabilitation – Use of various prosthetic devices. Psychological

Rehabilitation, Rehabilitation of client with chronic disease conditions. Restorative rehabilitation, Vocational rehabilitation. Role of voluntary organizations. Guidance and counseling, Welfare measures. Role and responsibilities of community health nurse.

Occupational Health:

- Introduction: Trends, issues, definition, aims, objectives, workplace safety. Ergonomics and ergonomic solutions. Occupational environment Physical, social, decision making, critical thinking. Occupational hazards for different categories of people- physical, chemical, biological, mechanical, accidents. Occupational diseases and disorders. Measures for health promotion of workers: prevention of occupational diseases, disability limitation and rehabilitation. Women and occupational health. Occupational education and counseling. Violence at work place. Child labour. Disaster preparedness and management. Legal issues: Legislation, Labour Unions, ILO and WHO recommendations, Factories Act, ESIS Act. Role of community health nurse and occupational health team.
- □ Recognize the role of orthopedic nurse practioner and as a member of orthopedic and rehabilitation team.
- □ Teach orthopedic nursing to undergraduate students and in service nurses.
- □ Prepare a design and layout of orthopedic and rehabilitation units.

Community Mental Health:

□ Magnitude, trends and issues. National Mental Health Program- Community Mental Health Programme. The changing focus of care. The Public Health model. Case management: Collaborative management. Crisis intervention. Welfare agencies. The community as a client: Primary prevention, Population at risk, Secondary prevention, Tertiary prevention. Community based rehabilitation. Human rights of mentally ill. Role of community health nurse.

Unit III -Population Dynamics and Control:

- Demography, Transition and theories of population, National population policy, National population programmers.
- □ Population control and related programmers, Method of family limiting and spacing.
- □ Recent advancement of contraceptive Methods
- □ Research, Census, National Family Health Survey.

National Health and Family welfare programmers:

 Objectives, Organization/manpower/resources, Activities, goals, Intersectoral approach, item/purpose, role and responsibilities of community health nurse:

□ Maternal and neonatal care

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National Vector Borne Disease Control Programme, National Filaria control programme National Leprosy eradication programme, Revised National TB control programme, National programme for control of Blindness, National Iodine Deficiency control programme, National Mental Health Programme, National AIDS control programme, National Cancer control programme.

Unit IV -IMNCI (integrated management of neonatal and childhood illnesses):

- □ Integrated management of neonatal and childhood illness, Concept, iniquities in the Indian situation.
- □ Rationale for evidence-based syndrome approach, Components of the integrated approach.
- □ Principles of integrated care, The IMNCI case management process, Outpatient management of young infants.
- □ Learning objectives, Assessment of sick young infants, Treatment of sick young infants.
- □ Outpatient management of children, Age 2 month to 5 years, Assessment of sick children,
- □ Checking main symptoms-Cough or difficult breathing, Diarrhea, Fever, Ear problem, malnutrition, anemia immunization etc., Assessing other problems
- □ Treatment of sick children, Principles of management of sick children in a small hospital.
- □ Skilled Birth Attendant (SBA)

Disaster Nursing:

- □ Introduction: Concept, Definition.
- \Box Types of disaster.
- \Box Phases of disaster.
- Disaster management: Disaster response, disaster preparedness, and disaster mitigation.
- □ Epidemiological surveillance and disease control.
- \Box Team approach.
- □ Intersectoral approach: Vaccination, nutrition, and rehabilitation.
- \Box Role of NGO.
- \Box State and central Govt.

 \Box International help and collaboration.

Geriatric Nursing:

 Concepts, trends, problems and issues. Aging process and changes. Theories of aging. Health problems and needs. Psycho- physical stressors and disorders. Myths and facts of aging. Health Assessment. Rehabilitation of elderly. Care of elderly. Elderly abuse. Training and supervision of care givers. Government welfare measures- programmers' for elderly and role of NGOs. Role and responsibilities of Geriatric nurse in the community.

Unit V -Health care delivery system: urban and rural:

- Functions, staffing, and pattern of assistance, layout, drugs, equipments and supplies:
 Village, Sub-centre, Primary health centre, Community health centre, district hospitals, sub-divisional hospitals, district family welfare bureau and tertiary care institution.
- □ Critical review of functioning of various levels , evaluation studies, recommendations and nursing perspectives
- \Box Alternative system of medicine.
- \Box Training and supervision of health workers.
- □ Health agencies: Roles and functions, Intersectoral coordination,

□ NRHM. Health Schemes: ESI, CGHS, Health Insurance.

International Health:

□ Global burden of disease. Global health rules and halt disease spread. Global health priorities and programmers. International quarantine, Health tourism, International cooperation and assistance. International travel and trade. Health and food legislation, laws, adulteration of food. Disaster management. Migration. International Health agencies: World Health Assembly. International health issues and problems. International nursing practice standards. International health vis a vis national health. International health days and their significance.

Education and Administration:

Quality assurance. Standards, protocols, Policies and procedures. Infection control: standard safety measures. Nursing audit. Design of sub centre, primary health centre and community health centre. Staffing, supervision and monitoring performance. Budgeting. Material Management. Role and responsibilities of different categories of personnel in community health. Referral chain, community outreach services. Transportation. Public relations.

Theme no.	Theme	Specific objectives	Content
I	Introduction: Community Health Nursing: Information, Education and Communicatio n. Epidemiology:	At the end of unit students are able to Knowledge: Know the worldwide historical development of CHN practice. Understands the scope of CHN, legal, socio cultural and ethical issues in CHN Understands philosophy, aims and objectives, scope and principles of CHN. Know the CHN theories and apply them in assessing quality of care. Know the principles and strategies of IEC. Understand and discuss the concept, principles and importance of epidemiology in community health nursing. Skill- Do the health appraisal of individual, families and community. Communicate effectively and use the principles of IEC while giving health education. Use the knowledge of epidemiology in the practice of community health nursing.	 Introduction Current status, trends and challenges of Community Health Nursing (1 hour) Health status of the Community (1 hour) Ethical and legal issues (1 hour) National Policies, plans & programmes National health policy, National Population policy. National Health & welfare Programmes. National Health goal/ indicators/ Millennium developmental goals (MDG)/ Strategies Planning process: Five year plans National Rural Health Mission.(4 hours) Historical development of Community health and Community health Nursing- World and India, various health and family welfare committees. (1Hr) Scope of community health nursing practice.(1 Hr) Socio-cultural issues in Community Health Nursing (1 hour) Community Health Nursing: Philosophy, Aims, Objectives, Scope, Principles, Functions(4 hours) Quality Assurance: Community Health Nursing standards, competencies, Monitoring community health nursing,
		Attitude: Understand her or his role in attaining national goals. In corporate quality assurance norms while providing health care at all levels and all settings Listens carefully & develops habit of reading between the lines. Apply the principles of epidemiology in establishing relationship between disease causation and disease prevalence and Contribute in control of epidemics and improving the health of the given community.	 nursing audits (2 hours) Health assessment- individuals, groups and community. (3 hours) Roles and responsibilities of community health nurse (3 hours) Nursing care for special groups: children, adolescents, adults, women, elderly, physically and mentally challenged-Urban and rural population at large.(2 hours) Community diagnosis, setting objectives.(3) Concept, role and responsibilities of community health nurse practitioners-decision making skills, follow nursing practice, professionalism, legal issues. (3Hrs)

			• Family nursing and Family health
			centered nursing approach.(3 Hrs)
			• Intervention: Micro and nursing plans,
			operationalisation and evaluation: (3
			hours)
			Information, Education and Communication:
			IEC: Principles and strategies(2 hours)Communication skills (2 hours)
			• Management information and evaluation
			system: Records and reports (2 hours)Information technology(1 hour)
			 Tele-medicine and tele-nursing (1 hour)
			Journalism. (1hr)
			 Mass media, Folk media (1 hour)
			 Epidemiology: Introduction: Introduction – Concepts, scope,
			definition, trends, History and
			development of modern epidemiology. Contribution of epidemiology.
			 Epidemiological methods. Measurement
			• Epidemiological methods. Measurement of health and disease. Epidemiological
			approaches: Study of disease causatives,
			health promotion, Levels of prevention.
			Epidemiology of communicable diseases
			and non communicable diseases. Health
			information system. Epidemiology study
			and reports.
			 Role of community health nurse.(15 Hrs)
			Implications.
			Health policies.
			 Emerging and re emerging disease
			epidemics.(3 Hrs)
			• National Integrated disease Surveillance
			Programme.(2 Hrs)
TT	TT 1/1	Knowledge: Explain the	Health:
II	Health:	concepts and determinants of	• Concepts, issues (1 hour)
	School Health:	health. Understand the	• Determinants (1 hour)
	Rehabilitation:	importance of use of	• Measurements (1 hour)
	Occupational	technology in health care	• Waste disposal (1 hour)
	Health:	delivery. Know the	• Eco system (1 hour)
	Community	relationship between genetics	• Health economics (1 hour)
	Mental Health:	and health.	• Health technology (2 hours)
		Explain the concept and	• Alternate system for health promotion
		objectives of school health	and management of health problems. (1
		programme.	hour)
		Explain the concept, principles and models & methods of	• Genetics and health. (1Hr)
		rehabilitation.	School Health:
		Illustrate ergonomics,	 Introduction: Definition, Concepts and
	1	mastrate ergonomites,	- muoduction. Definition, Concepts and

 ergonomics solutions and components & legal provisions for preventing occupational discusses. discusses. discusses. Discuss the changing trend in mental health nursing and National mental health programme. Skill: I dentify the problems of waste disposal and modify them to contribute in improving health and promotion of cco system suitable to health. School health team, teach nursing students to work as member of school health team. Rehabilitation all types of challenged individuals in all settings. Motivate and elucate individuals and family members to overcome their disability and become users. Noto that de as efficient team member in preventing occupational health barst. Recognize the importance of school health. Recognize the importance of school health. Recognize the importance of school health. School health services. Disability and recognize the importance of school health. Recognize the importance of school health services. Disability and recognize the importance of team approwch and inter sectoral coordination of cleart with erroris and and promotion of health. Recognize the importance of school health services. Shows concern toward, challenged members of the society and recognize the importance of team approwch and inter sectoral coordination in chabilitation. Child labour. Disaster preparedness and management. LIO and wHO Child labour. Disaster preparedness and management. III health murse. (10 Hirs) 	ГТ		
in repetitor		components & legal provisions for preventing occupational diseases. Discuss the changing trend in mental health nursing and National mental health programme. Skill: Identify the problems of waste disposal and modify them to contribute in improving health and promotion of eco system suitable to health. Work as effective member of school health team, teach nursing students to work as member of school health team. Rehabilitate all types of challenged individuals in all settings. Motivate and educate individuals and family members to overcome their disability and become useful member of the society. Contribute as efficient team member in preventing occupational health hazards and promoting health of the employees. Utilize services of welfare agencies while providing comprehensive nursing care to mentally ill client. Attitude: Incorporate alternative system of medicine in promotion of health. Recognize the importance of school health services and motivate children to develop health habits. Encourage teachers and parents to cooperate and contribute in school health services. Shows concern towards challenged members of the society and recognize the importance of team approach and inter sectoral coordination	 screening, identification, referral and follow up. Safe environment. Services, programmers' and plans – first aid, treatment of minor ailments. Adolescent health. Disaster: Preparedness and management. Guidance and Counseling. School health records: maintenance and its importance. Role and responsibilities of community health nurse. (9 Hrs) Intersectoral coordination. (1 Hr) Rehabilitation: Introduction: Concept, principles, trends and issues. Rehabilitation team. Community based rehabilitation. Psychological rehabilitation. Rehabilitation of client with chronic disease conditions. Restorative rehabilitation. Vocational rehabilitation. Role of voluntary organizations. Guidance and counseling. Role and responsibilities of community health nurse. (6 Hrs) Ethical issues. Disability and rehabilitation – Use of various prosthetic devices. Welfare measures.(2 Hrs) Modes and methods Rehabilitation council of India.(2 Hrs) Occupational Health: Introduction: Trends, issues, definition, aims, objectives, workplace safety. Ergonomics and ergonomic solutions. Occupational hazards for different categories of people- physical, chemical, social, decision making, critical thinking. Occupational hazards for different categories of people- physical, chemical, biological, mechanical, accidents. Occupational diseases and disorders. Measures for health promotion of workers: prevention of occupational health. Occupational education and counseling. Child labour. Disaster preparedness and management.ILO and WHO recommendations, Factories Act, ESIS

	Educate and motivate employees to use safety devices. Integrate mental health services in general health services and contribute in preventing mental health problems.	 Legal issues: Legislation, Labour Unions, Role of occupational health team. (2 Hrs) Violence at work place. (1 Hr) Community Mental Health: Magnitude, trends and issues. National Mental Health Program-Community Mental Health Programme. Case management: Collaborative management. Crisis intervention. Welfare agencies. The community as a client: Primary prevention, Population at risk, Secondary prevention, Tertiary prevention. Community based rehabilitation. Human rights of mentally ill. Role of community health nurse. (9 Hrs)
Population Dynamics and Control: National Health and Family welfare programmers:	At the end of unit students are able to Knowledge: Understand the demography and population dynamics. Know the national population policy and program. Illustrate the objectives of National Health Programme and discuss the activities undertaken in implementation of each national Health Programme. Skill: Motivates people for adopting small family norms. Understand and incorporate provisions made for each national Health Programme in the field of community health nursing practice. Attitude: Incorporate research knowledge in promoting health of community. Appreciate the importance of inter sectoral approach in achieving the goals and targets.	 The Public Health model.(1 Hr) Population Dynamics and Control: Demography (2 hours) Transition and theories of population (1 hour) National population policy National population programmes. (2 hours) Population control and related programmes(8 hours) Research, Census, National Family Health Survey

IV	IMNCI (integrated management of neonatal and childhood illnesses): Disaster Nursing, Geriatric Nursing:	At the end of unit students are able to Knowledge: Know the IMNCI and diseases incorporated in it. Understand the concepts of disaster. Know the measures to prevent disasters. Discuss the concept, problems and issues related to geriatric nursing. Skill :Provides effective nursing care to neonate and children for the diseases incorporated under IMNCI Able to seek cooperation and contribution of all in prevention and management of disaster. Provide comprehensive care to old people and educate students, colleagues and family members for caring geriatric population.	 Deficiency control programme. National Mental Health Programme. National AIDS control programme. National Cancer control programme. NRHM (45 Hrs) Health Schemes: ESI, CGHS, Health Insurance.(5 Hrs) IMNCI: Integrated management of neonatal and childhood illness: Concept, iniquities in the Indian situation. Rationale for evidence-based syndrome approach. Components of the integrated approach. Principles of integrated care. The IMNCI case management process.(10 hours) Outpatient management of young infants. Learning objectives Assessment of sick young infants. Treatment of sick young infants. (9 hours) Outpatient management of children Age 2 month to 5 years. Assessment of sick children. Checking main symptoms. Cough or difficult breathing Diarrhea, Fever, Ear problem, malnutrition, anemia immunization etc.
		and issues related to geriatric nursing.	Principles of integrated care.The IMNCI case management
		nursing care to neonate and children for the diseases	Learning objectives
		Able to seek cooperation and	• Treatment of sick young infants. (9 hours)
		disaster.	 Age 2 month to 5 years. Assessment of sick children.
		students, colleagues and family	Cough or difficult breathing
		00	malnutrition, anemia immunization etc.Assessing other problems.(9 hours)
		for drives under taken by Government to control morbidity and mortality among	 Skilled Birth Attendant (SBA) (3 hours) Treatment of sick children.(6 hours) Principles of management of sick children
		under 5 children. Able to work as leader in	 in a small hospital. (8 hours) Disaster Nursing: Introduction: Concept, Definition. (1
		disaster management. Respect elderly; use their skills	 Types and phases of disaster (2 hour)
		and knowledge wherever possible.	 Disaster management: Disaster response, disaster preparedness, and disaster mitigation. (4 hours)
			• Epidemiological surveillance and disease control. (2 Hrs)
			• Team approach, Intersectoral approach: Vaccination, nutrition, and rehabilitation. (3 hours)
			 Role of State and central Govt.(1 hour) Role of NGO. (1 Hr)

			 International assistance and collaboration. (1 hour) Geriatric Nursing: Concepts, trends, problems and issues. Aging process and changes. Health problems and needs. Psycho- physical stressors and disorders. Health Assessment. Rehabilitation of elderly. Care of elderly. Training and supervision of care givers. Role and responsibilities of Geriatric nurse in the community. (6 Hrs) Myths and facts of aging. Elderly abuse. Government welfare measures-programmers' for elderly and role of
			NGOs. (3 Hrs)
		At the and of unit students are	• Theories of aging. (1 Hr)
V	Health care delivery system: urban and rural:, International Health: Education and Administration :	At the end of unit students are able to Knowledge: Explain the organizational and functional structure of health care delivery system at all levels. Know global health priorities, health related issues and problems. Elaborate international nursing practice standards. Discuss the institutional, national and international standards, policies, protocols and procedures. Skill: Review critically the functions of health personal at all levels. Educate others and Participate as a member of disaster management team following international nursing practice standards. Strive for improving quality of health services and does the critical evaluation of quality of rendered health services. Attitude: Communicate effectively and enhance Intersectoral co-ordination and co-operation in meetings health needs of population.	 Health Care Delivery System: Urban and Rural: Functions, staffing, pattern of assistance, layout, drugs, equipments and supplies: Village, Sub-centre, Primary health centre, Community health centre, district hospitals, sub-divisional hospitals, district family welfare bureau and tertiary care institution.(6 hours) Critical review of functioning of various levels , evaluation studies, recommendations and nursing perspectives.(3 hours) Health agencies: Roles and functions.(1 hour) Alternative system of medicine. (1 hour) Training and supervision of health workers (2 hours) Inter-sectoral coordination (1 hour) Public private partnership. (1 hour) International Health: Global health priorities and programmers. International quarantine. International quarantine. International Health agencies: World Health Assembly. International nursing practice standards. International health vis a vis national health.

Appreciate the importance o health related rules and regulations and promote health tourism in the institution. Emphasize quality and standards in nursing practice.	 a significance. (12 Hrs) b Health tourism. c International travel and trade c Migration. (1 Hr)
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RECOMMENDED BOOKS AND JOURNALS:-

- Park's Text Book of Preventive and Social Medicine, Banarasidas Bhanot Publishers, Jabalpur, India.
- Text Book of Preventive and Social Medicine, Dr. Gupta and others, Jaypee Brothers.
- Essentials of Community Health Nursing, S. Kamalam, Jaypee Brothers.
- Community Health Nursing Principles and practice', K. K. Gulhani, Kumar Publishing House, New Delhi.
- Community and Public Health Nursing, Maria Stanhope & Jeanette Lancaster, Mosby Publication.
- Community health Nursing, B.T. Basavanthappa, Jaypee Brothers.
- Hand book of Preventive and Social Medicine, Vidya Ratan, Jaypee Brothers.
- Pocket Manuel of Community Health Nursing, Maheshwari Jaikumar, Jaypee Brothers.
- Evaluating Community Nursing', Karl Atkin & Others, Bailliere Tindall, London.
- Comprehensive Community Health Nursing Clement Stone & Others, Mosby, Elsevier.
- Community Health Nursing Manuel, Najoo Kotwal, TNAI.
- An Introduction to Community Health Nursing, Kasturi Sunder Rao
- 'NRHM News Letter', Dept. of Family Welfare, Govt. of India.
- 'Health Action' HAFA, Secundarabad.
- 'Maharashtra Arogya Patrika' M.S. Health & IEC Bureau, Pune.