

**Subject No. 2**  
**COMMUNITY HEALTH NURSING-II**

Total Hours: 230

Theory Hours: 90

Clinical Hours: 140

**AIM:**

- This course is designed for student to practice community health nursing for the individual, Family groups at both urban and rural settings by using concept and principles of health and community health nursing.

**OBJECTIVES:**

At the end of course students will be able to:

- Define concepts, scope, principles and historical development of community health and Community Health Nursing.
- Describe health plans, policies, various health committees and health problems in India.
- Describe the system of delivery of community health services in rural and urban areas.
- List the functions of various levels and their staffing pattern.
- Explain the components of health services.
- Describe alternative systems of health promotion and health maintenance.
- Describe the chain of referral system.
- Describe Community Health Nursing approaches and concepts.
- Describe the roles and responsibilities of Community Health Nursing personnel.
- Describe and appreciate the activities of community health nurse in assisting individuals and groups to promote and maintain their health.
- Describe national health and family welfare programmes and role of a nurse.
- Describe the various health schemes in India.
- Explain roles and functions of various national and international health agencies.

**COURSE CONTENTS:**

**Unit I - Introduction:**

- Definition, concept & scope of Community Health and Community Health Nursing. Historical development of Community health and Community Health Nursing -Pre-independence and Post-independence.

**Unit II - Health planning and policies and problems:**

- National health planning in India-Five Year Plans. Various committees and commissions on health and family welfare - Central council for health and family welfare (CCH and FW) , National health policies (1983, 2002), National population policy. Health problems in India. Scope of geriatric nursing

### **Unit III - Delivery of community health services:**

- Planning, Budgeting and material management of SCs, PHC and CHC. Rural: Organization, staffing and functions of rural health services provided by government at: Village, Sub centre, Primary health center, Community health center/sub divisional, Hospitals, District, State, Centre.
- Urban: Organization, staffing and functions of urban health services provided by government at: Slums, Dispensaries, Maternal and child health centers, Special Clinics, Hospitals, Corporation/ Municipality/ Board.
- Components of health services: Environmental sanitation. Health education. Vital statistics. C.H.-antenatal, natal, postnatal, MTP Act, female foeticide act, child adoption act. Family Welfare. National health programme. School health services. Occupational health. Defense Services. Institutional services.
- Systems of medicine and health care: Allopathy. Indian system of Medicine and Homeopathy. Alternative health care systems like yoga, meditation, social and spiritual healing etc Referral system.

### **Unit IV - Community health nursing approaches, concept and roles and responsibilities of nursing personnel:**

- Approaches: Nursing theories And Nursing process. Epidemiological approach. Problem solving approach. Evidence based approach. Empowering people to care for themselves.
- Concepts of Primary Health Care: Equitable distribution. Community participation. Focus on prevention. Use of appropriate technology. Multi-sectoral approach
- Roles and responsibilities of Community health nursing personnel in: Family health services. Information Education Communication (IEC). Management Information System (MIS): Maintenance of Record & reports. . Training and supervision of various categories of health workers. National Health Programmes. Environmental sanitation. Maternal and child health and Family welfare. Treatment of Minor ailments. School Health Services. Occupational Health. Organization of clinics, camps: Types, Preparation, planning, conduct and evolution Waste management in the center clinics etc.
- Home visit: Concept, Principles, Process, Techniques: Bag technique home visit.\
- Qualities of Community Health Nurse. Job Description of Community health nursing personnel

### **Unit V - Assisting individuals and groups to promote and maintain their health:**

- Empowerment for self care of individuals, families and groups in-
- Assessment of self and family: Monitoring growth and development. Mile stones. Weight measurement. Social development.
- Temperature and Blood pressure monitoring. Menstrual cycle. Breast self examination and testicles. Warning Signs of various diseases. Tests: Urine for sugar and albumin, blood sugar.
- Seek health services for: Routine checkup. Immunization. Counseling. Diagnosis. Treatment and Follow up.
- Maintenance of health records for self and family. Continue medical care and follow up in community for various disease and disabilities. Carryout therapeutic procedures as prescribed/ required for self and family.
- Waste Management: Collection and disposal of waste at home and community.

- Sensitize and handle social issues affecting health and development for self and family: Women Empowerment. Women and child abuse. Abuse of elders. Female Foeticide. Commercial sex workers. Food adulteration. Substance abuse.
- Utilize community resources for self and family: Trauma services. Old age homes. Orphanage. Homes for physically and mentally challenged individuals. Homes for destitute. Bioterrorism , suicide

**Unit VI - National health and family welfare programmes and the role of a nurse:**

- National ARI programme. Revised National Tuberculosis Control Programme (RNTCP). National Anti-Malaria programme. National Filarial control programme. National Guinea worm eradication programme. National Leprosy eradication programme. National AIDS control programme. STD control programme. National programme for control of blindness. Iodine deficiency disorder programme. Expanded programme on immunization. National Family Welfare Programme- RCH Programme historical development, organization, administration, research, constraints. National water supply and sanitation programme. Minimum Need programme. National Diabetics control programme. Polio Eradication: Pulse Polio Programme. National Cancer Control Programme. Yaws Eradication Programme. National Nutritional Anemia Prophylaxis programme. 20 point programme. ICDS programme. Mid-day meal applied nutritional programme. National mental health programme. Health Schemes: ESI. CGHS. Health insurance. New communicable disease prevention ex chicken guinea , swine flue, EBOLA and preventive measures of communicable diseases

**Unit VII - Health Agencies:**

- International: WHO, UNFPA, UNDP, World Bank, FAO, UNICEF, DANIDA, European Commission (EC), Red cross, USAID, UNESCO, Colombo Plan, ILO, CARE etc.
- National: Indian Red Cross, Indian Council for child welfare, Family Planning Association of India (FPAI), Tuberculosis Association of India, Hindu Kush Nivaran Sangh, Central Social Welfare Board, All India women's conference, Blind Association of India etc.

**Unit VIII – Disaster Management:**

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

**COMMUNITY HEALTH NURSING**

<i>Unit No. &amp; Hrs.</i>	<i>Objectives</i>	<i>Contents</i>						
		<i>Must know 60%</i>	<i>Desirable to know 30%</i>	<i>Nice to know 10%</i>				
I (4 hrs)	<p><b>Knowledge:</b> Define Community Health, CHN, Understand and explain historical development, concept and scope of CHN.</p> <p><b>Skill:</b> Practice Community Health Nursing in different community settings.</p> <p><b>Attitude:</b> Differentiate pre-independence and post independence health status and concepts of health.</p>	<p><b>Introduction:</b></p> <ul style="list-style-type: none"> <li>• Definition, concept &amp; scope of Community Health and Community Health Nursing (2 hrs)</li> </ul>	<ul style="list-style-type: none"> <li>• Historical development of</li> <li>• Community health Community Health Nursing. (2 hrs)</li> </ul>					
<b>Unit:1 Introduction</b>								
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
<b>Student should be able to-</b>		3	3	3	2	2	2	2
CO-1 : Define Community Health Nursing,, explain the concept of Community Health Nursing and describe the scope of Community Health Nursing								
CO-2: Describe Historical development of Community Health Nursing and explain Pre-independence and Post-independence of Community Health Nursing		3	3	3	2	2	2	2

II (6 hrs)	<p><b>Knowledge:</b> Illustrate health problems in India and policies and plans to overcome health problems.</p> <p><b>Skill:</b> Identify the changing pattern in health problems.</p> <p><b>Attitude:</b> Contribute effectively in implementing health policies and plans.</p>	<p><b>Health planning and policies and problems:</b></p> <ul style="list-style-type: none"> <li>National health planning in India-Five Year Plans</li> <li>Central council for health and family welfare. (CCH and FW) (1 hr)</li> <li>National health policies (1983, 2002, 2015). National population policy. Health problems in India. (3 hr), Scope of geriatric nursing</li> </ul>	<ul style="list-style-type: none"> <li>Various committees and commissions on health and family welfare (2 hrs)</li> </ul>	
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Course outcome	Program outcome						
	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1: Define health, explain the five year plan in India and identify the reason for implementation of new global health care policy.	3	3	3	2	2	3	2
CO-2: Explain the Goal achievement of national health policy (2015) and describe the national socio-demographic goals for 2010.	3	3	2	2	2	3	2

CO-3: Enlist the objectives of National population policy, explain the communicable disease problems and describe the Non communicable disease problems.	3	3	3	3	3	3	3
CO-4: Explain Various committees and commissions on health and family, explain National health policies (1983, 2002 2015) and describe National population policy.							
CO-5: Explain Health problems in India and describe Scope of geriatric nursing	3	3	3	2	2	2	2

<b>III</b> 15 hrs	<p><b>Knowledge:</b> Understand and discuss the health care delivery system in India.</p> <p><b>Skill:</b> Organize health care delivery system and contribute in improving health status of the community.</p> <p><b>Attitude:</b> Utilize this knowledge in nursing education and effective communication. Appreciate the utility and acceptance of alternative system of medicine.</p>	<p><b>Delivery of community health services:</b></p> <ul style="list-style-type: none"> <li>• <b>Rural:</b> Organization, staffing and functions of rural health services provided by government at: Village. Sub centre. Primary health center. Community health center/sub divisional Hospitals. District. State. Centre (5 hrs)</li> <li>• <b>Urban:</b> Organization, staffing and functions of urban health services provided by government at: Slums. Dispensaries. Maternal and child health centers. Special Clinics, Hospitals. Corporation/ Municipality/ Board</li> </ul> <p>Components of health services:  Environmental sanitation, Health education. Vital statistics. M.C.H.-antenatal, natal, postnatal, MTP Act, female feticide act, child adoption act. Family Welfare. Referral system. (5 hrs)</p>	<ul style="list-style-type: none"> <li>• Planning, Budgeting and material management of SCs, PHC and CHC</li> <li>• Systems of medicine and health care</li> <li>• Allopathy</li> <li>• Indian system of Medicine and Homeopathy</li> </ul> <p>Alternative health care systems like yoga, meditation, social and spiritual healing etc. (3 hrs)</p>	<ul style="list-style-type: none"> <li>• National health programme</li> <li>• School health services</li> <li>• Occupational health</li> <li>• Defense Services</li> <li>• Institutional services</li> </ul>
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Course outcome	Program outcome						
	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
<b>Student should be able to-</b>	3	3	3	3	2	3	3
CO-1: Define antenatal care and explain the aims and objective of antenatal care.							
CO-2: : Define alternative system of medicine, enumerate the characteristic , principles of Ayurveda and explain the classification of alternative system of medicine	3	3	3	3	2	2	2
CO-3: Define the environment, sanitation ,explain the external environment and describe the role of nurse in environmental sanitation	3	3	3	3	3	3	3
CO-4: Define health care delivery system Describes organization pattern of health care delivery system in India	3	3	2	2	3	2	2
CO-5: Define health education, explain aims, scope, approaches ,principles of health education and describe the methods & media for health education	3	3	3	3	3	3	3
CO-6: Define the term MTP Describe the MTP Act: Indications Explain the MTP rules	3	3	3	3	22	2	2

CO-7: Define school health services , its objective and describe principles problems due to industrialization	3	3	3	3	3	3	3
CO-8: Define occupational health ,Enumerate objectives of occupational health programme, explain the measures of health protection of workers and describe the prevention of occupational health hazards	3	3	3	3	3	3	2

IV 25 hrs	<p><b>Knowledge:</b> Illustrate various approaches of community health nursing practice and discuss the accountability of nurse in CHN.</p> <p><b>Skill:</b> Utilize data for planning health services and organizing in-service education programme for various categories of personnel in health care system.</p> <p><b>Attitude:</b> Incorporate principles of adult learning in planning and implementation of in-service education programmes and health education.</p>	<p><b>Community health nursing approaches, concept and roles and responsibilities of nursing personnel:</b></p> <ul style="list-style-type: none"> <li>• Approaches: Nursing theories And Nursing process. Epidemiological approach. Problem solving approach. Evidence based approach. Empowering people to care for themselves. (5 hrs)</li> <li>• Concepts of Primary Health Care: Equitable distribution, Community participation. Focus on prevention. Use of appropriate technology. Multi-sectoral approach (2 hrs)</li> <li>• Roles and responsibilities of Community health nursing personnel in: Family health services. Information Education Communication (IEC). Management Information System (MIS) Maintenance of Record &amp; reports. (3 hrs)</li> <li>• Training and supervision of various categories of health workers (5 hrs)</li> <li>• Organization of clinics, camps: Types, Preparation, planning, conduct and evolution .(4 hrs)</li> <li>• Waste management in the center clinics etc. (1 hr)</li> <li>• Job Description of Community health nursing personnel (1 hr)</li> </ul>	<ul style="list-style-type: none"> <li>• National Health Programmes</li> <li>• Environmental sanitation</li> <li>• Maternal and child health and Family welfare</li> <li>• Treatment of Minor ailments</li> <li>• School Health Services</li> <li>• Occupational Health (2 hrs)</li> </ul>	<ul style="list-style-type: none"> <li>• Home visit: Concept, Principles, Process, Techniques: Bag technique home visit.\</li> <li>• Qualities of Community Health Nurse (2 hrs)</li> </ul>
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Course outcome	Program outcome						
	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
<b>Student should be able to-</b> CO-1: Define Primary Health Care, Concepts of Primary Health Care, problem solving approach, nursing theories and Describe Nursing process.	3	3	3	3	3	3	3
CO-2: Define maternal and child health services, its importance, component, maternal mortality problems and describe the maternal and child health services	3	3	3	3	3	3	3
CO-3: Define Family welfare and explain roles and responsibilities of community health nursing personnel in Family health services.	3	3	3	3	3	3	3
CO-4: Define home visit, its advantages ,principles , components, disadvantages of home visit ,uses of community bag and demonstrate the Bag technique	3	3	3	3	3	3	3
CO-5: Define Community Health Nurse, its qualities and explain Job description of Community health nursing personnel.	3	3	3	3	3	3	3

CO-6: Define recording and reporting, its purposes and describe the principles of record writing.	3	3	3	3	3	3	3
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V 15 hrs	<p><b>Knowledge:</b> Assess and interpret health status of individuals and families and community correctly.</p> <p><b>Skill:</b> Organize and provide need-based health services.</p> <p><b>Attitude:</b> Appreciate the importance of team work and inter-sectoral coordination and cooperation.</p>	<p><b>Assisting individuals and groups to promote and maintain their health:</b></p> <ul style="list-style-type: none"> <li>• Empowerment for self care of individuals, families and groups in.</li> <li>• Assessment of individual and family: Monitoring growth and development, Mile stones, Weight measurement, Social development, Temperature and Blood pressure monitoring, menstrual cycle, Breast self examination and testicles, Warning Signs of various diseases. Tests: Urine for sugar and albumin, blood sugar (5 hrs)</li> <li>• Seek health services for: Routine checkup, Immunization, Counseling, Diagnosis, Treatment and Follow up (1 hr)</li> <li>• Maintenance of health records for self and family (1 hr)</li> <li>• Continue medical care and follow up in community for various disease and disabilities. (1 hr)</li> <li>• Carryout therapeutic procedures as prescribed/ required for self and family (1 hr)</li> </ul> <p>Waste Management: Collection and disposable of waste at home and community. (2 hrs)</p>	<ul style="list-style-type: none"> <li>• Sensitize and handle social issues affecting health and development for self and family: Women Empowerment. Women and child abuse. Abuse of elders. Female Feticide. Commercial sex workers. Food adulteration. Substance abuse.</li> </ul> <p>Bioterrorism , suicide</p>	<ul style="list-style-type: none"> <li>• Utilize community resources for self and family: Trauma services. Old age homes. Orphanage. Homes for physically and mentally challenged individuals. Homes for destitute. (2 hrs)</li> </ul>
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Course outcome	Program outcome						
	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health	Lifelong learner	Critical thinker	Researcher

				care team and system			
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
<b>Student should be able to-</b>  CO-1: Define growth and development, mile stones, assessment of self and family and explain the monitoring growth and development.	3	3	3	3	2	2	2
CO-2: Define cancer; warning signs of various disease, demonstrate breast self examination, and testicles and describe Sensitize and handle social issues affecting health and development for self and family	3	3	3	2	2	2	3
CO-3: Define Waste Management and describe collection and disposable of waste at home and community.	3	3	3	3	3	3	3
CO-4: Describe old age homes, orphanage, and homes for physically and mentally challenged individuals.	3	3	3	3	3	3	3
CO-5: Define Women Empowerment, explain women and child abuse, abuse of elders, female feticide, commercial sex workers, food adulteration and substance abuse.	3	3	3	3	3	3	3
CO-6: Define Immunization its types, immunizing agent, hazards of immunization describe national immunization schedule by (WHO)	3	3	3	3	3	3	3

CO-7: Define Counseling, its steps and describe the process.	3	3	3	3	3	3	3
CO-8: Describe Bioterrorism , and suicide	3	3	3	2	2	2	2

<b>VI 20 hrs</b>	<p>Knowledge: Understand and discuss various National Health Programmes</p> <p>Skill: Motivate health team members to achieve targets.</p> <p>Attitude: Appreciate the importance of effective contribution of community health nurse in achieving national health goals and improving health status of the community.</p>	<p>National health and family welfare programmes and the role of a nurse:</p> <ul style="list-style-type: none"> <li>National ARI programme. Revised National Tuberculosis Control Programme (RNTCP). National Anti-Malaria programme. National Filaria control programme. National Guinea worm eradication programme. National Leprosy eradication programme. National AIDS control programme. STD control programme. National programme for control of blindness. Iodine deficiency disorder programme. Expanded programme on immunization. National Family Welfare Programme-</li> <li>RCH Programme: historical development, organization, administration, research, constraints. National water supply and sanitation programme .Minimum need programme .National Diabetics control programme. Polio Eradication: Pulse Polio Programme. National Cancer Control Programme. Yaws Eradication Programme. National Nutritional Anemia Prophylaxis programme. 20 point programme. ICDS programme. Mid-day meal applied nutritional programme .National mental health programme. (18 hrs) <ul style="list-style-type: none"> <li>New communicable disease prevention ex chicken guinea , swine flue, EBOLA and preventive measures of communicable diseases</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Health Schemes: ESI. CGHS. Health insurance. (2 hrs)</li> </ul>	
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	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
<b>Student should be able to-</b> CO-1: Define Tuberculosis and describe Revised National Tuberculosis Control Programme (RNTCP)	3	3	3	3	3	3	2
CO-2: Define Malaria and describe Anti-Malaria programme.	3	3	3	3	3	2	2
CO-3: Define Filarial and describe National Filaria control programme.	3	3	3	3	3	2	2
CO-4: Define Leprosy and describe National Leprosy eradication programme.	3	3	3	3	3	3	2
CO-5: Define AIDS and describe National AIDS control programme and STD control programme	3	3	3	3	3	2	2
CO-6: Define immunization and describe Expanded programme on immunization.	3	3	3	3	3	3	2
CO-7: Define blindness and describe National programme for control of blindness.	3	3	3	3	3	2	2

CO-8: Define family planning and describe National Family Welfare Programme-	3	3	3	3	3	2	2
CO-9: Define reproductive and child health and describe RCH Programme	3	3	3	3	3	3	2
CO-10: Describe Minimum need programme ,20 point programme and describe National water supply and sanitation programme	3	3	3	3	3	2	2
CO-11: Define Diabetic mellitus and describe National Diabetics control programme and National Cancer Control Programme	3	3	3	3	3	2	2
CO-12: Define nutrition and describe National Nutritional Anemia Prophylaxis programme, ICDS programme, Mid-day meal and applied nutritional programme	3	3	3	3	3	3	2
CO-13: Define mental health and describe National mental health programme.	3	3	3	3	3	2	2
CO-14: Describe chicken guinea , swine flu, and EBOLA	3	3	3	3	3	2	2

CO-15: Define Health Schemes and describe ESI,CGHS and Health insurance.	3	3	3	3	3	2	2
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VII 5 hrs	<p><b>Knowledge:</b> Enlist the national and international health agencies and their contribution in Indian health status.</p> <p><b>Skill:</b> Utilize assistance of national and international health agencies in improving health status of the community.</p> <p><b>Attitude:</b> Seek assistance wherever possible and needed.</p>	<p><b>Health Agencies</b></p> <ul style="list-style-type: none"> <li>International: WHO, UNFPA, UNDP, World Bank, FAO, UNICEF, DANIDA, European Commission (EC), Red cross, USAID, UNESCO, Colombo Plan, ILO, CARE etc. ( 3 hrs)</li> <li>National: Indian Red Cross, Indian Council for child welfare, Family Planning Association of India (FPAI), Tuberculosis Association of India, Hindu Kusht Nivaran Sangh, Central Social Welfare Board, All India women's conference, Blind Association of India etc. (2 hrs)</li> </ul>		
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Course outcome	Program outcome						
	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7

<b>Student should be able to-</b> CO-1: Define the voluntary health agencies its function and describe the national and international health agencies	3	3	3	3	2	2	2
CO-2: Explain function of World Health Organization, World Bank, aim of FAO and describe the function of UNICEF	3	3	3	3	3	2	2

<b>VIII</b> (5 Hours)	At the end of unit students are able to: <b>Knowledge:</b> Understand the concepts of disaster. <b>Skill:</b> Able to seek cooperation and contribution of all in prevention and management of disaster. <b>Attitude:</b> Able to work as leader in disaster management.	<b>Disaster Management:</b> <ul style="list-style-type: none"> <li>• Introduction: Concept, Definition. Types and phases of disaster (1 hour)</li> <li>• Disaster management: Disaster response, disaster preparedness, and disaster mitigation. (1 hours)</li> </ul> Team approach, Intersectoral approach: Vaccination, nutrition, and rehabilitation. Role of State and central Govt.(1 hour)	<ul style="list-style-type: none"> <li>• Epidemiological surveillance and disease control.</li> </ul> (1 Hrs)	Role of NGO. International assistance and collaboration. (1 hour)
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Course outcome	Program outcome						
	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
<b>Student should be able to-</b> CO-1: Define disaster, list down the principles, phase of disaster, triage of disaster and describe the nurse roles in disasters management.	3	3	3	3	2	3	2
CO-2: Define epidemiological surveillance, explain the role of NGO in disaster management and describe International assistance and collaboration in disasters management.	3	3	3	3	2	2	2