

# COMMUNITY HEALTH NURSING

**Placement- FIRST YEAR**

**Time- 180 hours**

CHN-I – 80 hours

Environmental Hygiene- 30 hours

Health Education & Communication skills- 40 hours

Nutrition- 30hours

## COMMUNITY HEALTH NURSING – I

### Course Description

This course is designed to help students gain an understanding of the concept of community health in order to introduce them to the wider horizons of rendering nursing services in a community set – up, both in urban and rural areas.

### General Objectives

Upon completion of this course, the students shall be able to:

- 1 Describe the concept of health, community health and community health nursing.
- 2 State the principles of epidemiology and epidemiological methods in community health nursing practice.
- 3 Explain the various services provided to the community and role of the nurse.
- 4 Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles.

**Total Hours – 80**

Unit No.	Learning Objectives	Content	Hr	Teaching Learning activities	Method of Assessment
I	Describe the concept of health and disease and community health	<b>Introduction to Community Health</b> a) Definitions: Community, Community health, community health nursing b) Concept of Health and disease, dimensions and indicators of health, Health determinants c) History & development of Community Health in India& its present concept. d) Primary health care, Millennium Development Goals e) Promotion and maintenance of Health	10	Lecture cum discussions.	Short Answers

Unit No.	Learning Objectives	Content	Hr	Teaching Learning activities	Method of Assessment
II	Explain various aspects of Community Health Nursing. Demonstrate skills in applying nursing process in Community Health Nursing settings	<b>Community Health Nursing</b> a) Philosophy, goals, objectives & principles , concept and importance of Community Health Nursing, b) Qualities and functions of Community Health Nurse c) Steps of nursing process; community identification, population composition, health and allied resources, community assessment, planning & conducting community nursing care services.	14	Lecture cum discussions.	Short answers  Essay type
III	Demonstrate skill in assessing the health status and identify deviations from normal parameters in different age groups.	<b>Health Assessment</b> a) Characteristics of a healthy individual b) Health assessment of infant, preschool, school going, adolescent, adult, antenatal woman, postnatal woman, and elderly.	10	Lecture cum discussions.  Demonstration  Role Play  Videos	Short answers  Objective type  Essay type  Return demonstration
IV	Describe the principles of epidemiology and epidemiological methods in community health nursing practice.	<b>Principles of Epidemiology and Epidemiological methods</b> a) Definition and aims of epidemiology, communicable and non-communicable diseases. b) Basic tools of measurement in epidemiology c) Uses of epidemiology d) Disease cycle e) Spectrum of disease f) Levels of prevention of disease. g) Disease transmission – direct and indirect. h) Immunizing agents, immunization and national immunization schedule. i) Control of infectious diseases. j) Disinfection.	10	Lecture cum discussions.  Non-communicable disease module of government of India.  Field visit	Short answers  Objective type  Essay type
V	Demonstrate skill in providing comprehensive nursing care to the family.	<b>Family Health Nursing Care</b> a) Family as a unit of health b) Concept, goals, objectives c) Family health care services d) Family health care plan and nursing process.	12	Lecture cum discussions.  Role play  Family visit	Short answers  Essay type

Unit No.	Learning Objectives	Content	Hr	Teaching Learning activities	Method of Assessment
		e) Family health services – Maternal, child care and family welfare services. f) Roles and function of a community health nurse in family health service. g) Family health records.			
VI.	Describe the principles and techniques of family health care services at home and in clinics.	<b>Family Health Care Settings Home Visit:</b> a) Purposes, Principles b) Planning and evaluation c) Bag technique d) Clinic: Purposes, type of clinics and their functions e) Function of Health personnel in clinics	10	Lecture cum discussions.  Demonstration  Visits – Home, health center	Short answer  Return demonstration
VII	Describe the referral system and community resources for referral	<b>Referral System</b> a) Levels of health care and health care settings. b) Referral services available c) Steps in referral. d) Role of a nurse in referral	6	Lecture cum discussions.  Mock drill	Short answer  Objective type
VIII	List the records and reports used in community health nursing practice	<b>Records and reports</b> a) Types and uses b) Essential requirements of records and reports c) Preparation & Maintenance	3	Lecture cum discussions.  Exhibit the records.	Short answer  Objective type
IX.	Explain the management of minor ailments.	<b>Minor Ailments</b> a) Principles of management b) Management as per standing instructions/orders.	5	Lecture cum discussions.	Short answer  Objective type

# COMMUNITY HEALTH NURSING I- PRACTICAL

**Placement: FIRST YEAR**

**Time: Practical – 320 hours (8 weeks)**

Areas	Duration	Objectives	Skills	Assignments	Assessment methods
Community health Nursing - urban / rural	8 weeks	a) Organize home visit b) Prepare bag and demonstrate bag technique. c) Build up and maintain rapport with family. d) Identify needs of community e) Practice procedure f) Make referrals. g) Plan and conduct health education on identified health needs. h) Set up clinics with help of staff. i) Maintain records and reports j) Collect and record vital health statistics. k) Learn about various organizations of community health importance. l) Health Assessment family m) Identify the health needs of various age groups. n) Assess the environment o) Maintain family folders. p) Assessment nutritional needs q) Demonstrate different method of preparing food according to the nutritional need of family.	<ul style="list-style-type: none"> <li>• Conducting Home visits.</li> <li>• Nutritional assessment of individuals.</li> <li>• Provide care at home as per Standing Orders / protocol.</li> <li>• Conduct health Education.</li> <li>• Set up of different Clinics.</li> <li>• Maintain Records &amp; Reports.</li> <li>• Practice family health nursing.</li> <li>• Demonstrate different methods of preparation of Meals.</li> </ul>	<ul style="list-style-type: none"> <li>• Daily Diary</li> <li>• Health talk -2</li> <li>• Family care plan based on family study -2.</li> <li>• Health assessment of an individual -2</li> <li>• Community Profile – 2</li> <li>• Report of visit to water purification plant, sewage plant, milk dairy, panchayat.</li> </ul>	<ul style="list-style-type: none"> <li>• Assess clinical performance with rating scale.</li> <li>• Evaluation of daily diary, health talk, family care plan, health assessment, community profile, observation report.</li> </ul>

## ENVIRONMENTAL HYGIENE

### Course Description

This course is designed to help students acquire the concept of health, understanding of the principles of environmental health and its relation to nursing in health and disease.

### General Objectives

Upon completion of this course, the students shall be able to:

- 1 Describe the concept and principles of environmental health.
- 2 Demonstrate skills to apply the principles of environmental hygiene in caring for self and others.
- 3 Describe the environmental health hazards, related health problems and the services available to meet them.

**Total Hours – 30**

Unit.	Learning Objectives	Content Unit wise	Hr	Teaching learning activities	Method of assessment
I	Explain the importance of healthy environment and its relation to health and disease.	<b>Introduction</b> a) Components of environment b) Importance of healthy environment	2	Lecture cum discussions.	Short answer
II	Describe the environmental factors contributing to health and illness.	<b>Environmental Factors Contributing to Health</b> a) Water : <ul style="list-style-type: none"><li>- Sources and characteristics of safe and wholesome water</li><li>- Uses of water.</li><li>- Rain water harvesting</li><li>- Water pollution – natural and acquired impurities</li><li>- Water borne diseases</li><li>- Water purification-small and large scale</li></ul> b) Air : <ul style="list-style-type: none"><li>- Composition of air</li><li>- Airborne diseases</li><li>- Air pollution and its effect on health</li><li>- Control of air pollution and use of safety measures.</li></ul>	22	Lecture cum discussions  Demonstration  Exhibits  Visit to water Purification plant, sewage treatment plant	Short answers  Objective type  Essay type

Unit.	Learning Objectives	Content Unit wise	Hr	Teaching learning activities	Method of assessment
		c) Waste : - Refuse – garbage, excreta and sewage - Health hazards - Waste management: collection, transportation and disposal. d) Housing: - Location - Type - Characteristics of good housing - Basic amenities - Town planning e) Ventilation: - Types and standards of ventilation f) Lighting: - Requirements of good lighting - Natural and artificial lighting - Use of solar energy g) Noise - Sources of noise - Community noise levels - Effects of noise pollution - Noise Control measures h) Arthropods: - Mosquitoes, housefly, sand fly, human louse, rat fleas, rodents, ticks etc. - Control measures			
III.	Describe the community organization to promote environmental health.	<b>Community organizations to promote environmental health</b> a) Levels and types of agencies: - National, state, local - Government, voluntary and social agencies. b) Legislations and acts regulating the environmental hygiene.	6	Lecture cum discussions.	Short answer  Objective type.

## HEALTH EDUCATION AND COMMUNICATION SKILLS

### Course Description

This course is designed to help students to

1. Acquire the concept of health education and develop an ability to select and/or prepare appropriate audio-visual aids and use them effectively to communicate with the individuals and community
2. Understand the principles of communication and counseling, and its application in nursing practice.

### General Objectives

Upon completion of this course, the students shall be able to:

- 1 Describe the concept of health education, communication skills including soft skills, audio – visual aids and health education agencies.
- 2 Identify and utilize opportunities for health education.
- 3 Describe the application of information technology in preparation and use of various health teaching aids.
- 4 Develop effective communication and counseling skills.

**Total Hours – 40**

Unit.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
I	Describe the concept and different aspects of communication	<b>Communication Skills</b> a) Definition, process, purposes, principles, types and importance of communication b) Barriers in communication c) Establishment of successful communication. d) Observing and listening skills.	8	Lecture cum discussions.  Demonstration  Role play	Short answers  Objective type  Return demonstration
II	Describe the aims and objectives, scope, levels, approaches and principles of health education	<b>Health Education</b> a) Concept, definition, aims and objectives of health education b) Principles of health education c) Process of change/modification of health behavior d) Levels and approaches of health education e) Methods of health education f) Scope and opportunities for health education in hospital and community g) Nurse's role in health education.	6	Lecture cum discussions.	Short answers  Objective type

Unit.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
III	Demonstrate the skills of counseling.	<b>Counseling</b> a) Definition, purpose, principles, scope and types b) Counseling process: steps and techniques c) Qualities of a good counselor d) Difference between health education and counseling e) Role of nurse in counseling	8	Lecture cum discussion  Role play	Short answer  Essay type.
IV	Describe the types of AV aids. Demonstrate skill in preparing and using different kinds of audio – visual aids	<b>Methods and Media of Health Education</b> a) Definition, purpose and types of audio-visual aids and media b) Selection, preparation and use of audio-visual aids : graphic aids, printed aids, three dimensional aids and projected aids c) Advantages and limitations of different media d) Preparation of health education plan	18	Lecture cum discussions  Exhibits.  Demonstration	Evaluation of prepared audio visual aids.  Written test



## NUTRITION

### Course Description

This course is designed to help students understand that nutrition is an integral component of health as nutrients play a vital role in the growth, development and maintenance of the body.

### General Objectives

Upon completion of this course, the students shall be able to:

- 1 Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease.
- 2 Describe the balanced diet in promotion of health
- 3 Apply this knowledge in providing therapeutic diet in care of the sick.
- 4 Demonstrate skills in selection, preparation and preservation of food.

**Total Hours – 30**

Unit.	Learning Objectives	Content	Hr.	Teaching learning activities	Methods of assessment
I	Describe the relationship between nutrition and health	<b>Introduction</b> a) Meaning of food, nutrition, nutrients etc. b) Food Habits and customs c) Factors affecting nutrition d) Changing concepts in food and nutrition. e) Relation of Nutrition to Health	2	Lecture cum discussions.  Explain using charts	Short answer types  Objective type
II	Describe the classification of food.	<b>Classification of food</b> a) Classification by origin: - Food and animal origin - Food of plant origin b) Classification by chemical composition and sources - Carbohydrates - Proteins - Fats - Minerals - Vitamins - Water c) Classification by predominant functions - Body building food - Energy giving food - Protective food	2	Lecture cum discussions.  Real food items  Exhibits charts	Short answers  Objective type  Essay type

Unit.	Learning Objectives	Content	Hr.	Teaching learning activities	Methods of assessment
		d) Classification by nutritive value <ul style="list-style-type: none"> <li>- Cereals and millets</li> <li>- Pulses and legumes</li> <li>- Vegetables</li> <li>- Nuts and oil seeds</li> <li>- Fruits</li> <li>- Animal food</li> <li>- Fats and oils</li> <li>- Sugar and jiggery</li> <li>- Condiments and spices</li> <li>- Miscellaneous food.</li> </ul>			
III	Explain normal dietary requirements Demonstrate skill in calculating normal food requirements.	<b>Normal Dietary Requirements</b> <ol style="list-style-type: none"> <li>a) Energy: Calorie, Measurement, Body Mass Index, Basal Metabolic Rate – determination and factors affecting</li> <li>b) Balanced Diet – nutritive value of foods, calculation for different categories of people, normal food requirement calculation. Menu plan. Combination of food affecting and enhancing the nutritive value of the diet.</li> <li>c) Budgeting for food, low cost meals, food substitutes.</li> <li>d) Diseases and disorders caused by the imbalance of nutrients.</li> <li>e) Food allergy – causes, types, diet modifications in gluten, lactose and protein intolerance etc.</li> <li>f) Food intolerance - inborn errors of metabolism</li> </ol>	4	Lecture cum discussions.  Charts exhibits  Real food Practical exercise	Short answer  Objective type  Essay type
IV	Describe the principles and various methods of preparation, preservation and storage of food.	<b>Food Preparation, Preservation &amp; Storage</b> <ol style="list-style-type: none"> <li>a) Principles of cooking, methods of cooking and the effect of cooking on food and various nutrients. Safe food handling, health of food handlers.</li> </ol>	2	Lecture cum discussions.  Field visit to food processing unit.	Short answer type  Objective type

Unit.	Learning Objectives	Content	Hr.	Teaching learning activities	Methods of assessment
		b) Methods of food preservation– household and commercial, precautions. c) Food storage – cooked and raw, household and commercial, ill effects of poorly stored food. d) Food adulteration and acts related to it.		Demonstration exhibits	Evaluation of exhibit preparation.
V	Describe about therapeutic diet	<b>Therapeutic Diet</b> a) Diet modification in relation to medical and surgical condition of the individual such as Protein Energy Malnutrition (PEM), Diabetes, Cardio Vascular disease, Hepatitis, Renal, Gouts, Irritable Bowel Syndrome (IBS), Obesity, cholecystectomy, partial gastrectomy, gastrostomy, bariatric surgery and colostomy etc. b) Special diet – low sodium diet, fat free diet, diabetic diet, bland diet, high protein diet, low protein diet, low calorie diet, geriatric diet, iron rich diet, liquid diet, semi-solid diet, soft diet and high fiber diet etc c) Factors affecting diet acceptance, feeding the helpless patient. d) Health education on nutrition needs and methods in diet modification .	8	Lecture cum discussions.  Practical of planning Therapeutic diet  Demonstration Charts Exhibits	Short answers  Objective type  Essay type
VI	Describe the concept of community nutrition	<b>Community Nutrition</b> a) Nutritional problems and programs in India b) Community food supply, food hygiene and commercially prepared and grown food available locally. c) National and international food agencies – Central food training research institute (CFTRI), Food and agriculture organization	4	Lecture cum discussions.  Videos Government of India nutrition manuals.	Short answer  Objective type

Unit.	Learning Objectives	Content	Hr.	Teaching learning activities	Methods of assessment
		(FAO), National Institute of Nutrition (NIN), Food Safety and Standards Authority of India (FSSAI), CARE (Cooperative for Assistance and Relief Everywhere), National Institute of Public Cooperation and Child Development (NIPCCD) etc.		Visit to the local food preparation / processing agency.	
VII	Demonstrate skill in preparation of common food items.	<b>Preparation of diet / practical</b> a) Beverages: hot and cold, juice, shakes, soups, lassi, barley water b) Egg preparation: egg flip, scramble, omlet, poached egg c) Light diet: porridges, gruel, khichari, dahlia, kanji, boiled vegetables, salads, custards. d) Low cost high nutrition diets - chikki, multigrain roti	8	Lecture cum discussions  Cookery practical	Practical evaluation