

COURSE TITLE	COMMUNITY HEALTH NURSING – I
COURSE CODE	20GN0104
COURSE CREDITS	8

Objective:

- 1 To Describe the concept of health, community health and community health nursing
- 2 To State the principles of epidemiology and epidemiological methods in community health nursing practice.
- 3 To Explain the various services provided to the community and role of the nurse, Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles.
- 4 To Describe the concept and principles of environmental health, Demonstrate skills to apply the principles of environmental hygiene in caring for self and others & Describe the environmental health hazards, related health problems and the services available to meet them.
- 5 To Describe the concept of health education, communication skills including soft skills, audio – visual aids and health education agencies, Describe the application of information technology in preparation and use of various health teaching aids, Develop effective communication and counseling skills.
- 6 To Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease , Describe the balanced diet in promotion of health , Apply this knowledge in providing therapeutic diet in care of the sick

Course Outcomes: After completion of this course, student will 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, Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles.
- 4 Describe the concept and principles of environmental health, Demonstrate skills to apply the principles of environmental hygiene in caring for self and others & Describe the environmental health hazards, related health problems and the services available to meet them
- 5 Describe the concept of health education, communication skills including soft skills, audio – visual aids and health education agencies, Describe the application of information technology in preparation and use of various health teaching aids, Develop effective communication and counseling skills.
- 6 Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease , Describe the balanced diet in promotion of health , Apply this knowledge in providing therapeutic diet in care of the sick

Pre-requisite of course:A basic knowledge about subjects such as human anatomy , psychology, sociology, and language related to medical care.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
4	8	0	75	15	10	0	0

Contents : Unit	Topics	Contact Hours
1	Introduction to Community Health Definitions: Community, Community health, community health nursing , Concept of Health and disease, dimensions and indicators of health, Health determinants, History & development of Community Health in India& its present concept. , Primary health care, Millennium Development Goals, Promotion and maintenance of Health	10
2	Community Health Nursing Philosophy, goals, objectives & principles , concept and importance of Community Health Nursing, , Qualities and functions of Community Health Nurse , Steps of nursing process; community identification, population composition, health and allied resources, community assessment, planning & conducting community nursing care services	14
3	Health Assessment Characteristics of a healthy individual, Health assessment of infant, preschool, school going, adolescent, adult, antenatal woman, postnatal woman, and elderly.	10
4	Principles of Epidemiology and Epidemiological methods Definition and aims of epidemiology, communicable and non-communicable diseases. , Basic tools of measurement in epidemiology , Uses of epidemiology, Disease cycle , Spectrum of disease Spectrum of disease , Levels of prevention of disease, Disease transmission – direct and indirect. , Immunizing agents, immunization and national immunization schedule. , Control of infectious diseases., Disinfection.	10
5	Family Health Nursing Care Family as a unit of health , Concept, goals, objectives , Family health care services , Family health care plan and nursing process. , Family health services – Maternal, child care and family welfare services, Roles and function of a community health nurse in family health service. , Family health records.	12
6	Family Health Care Settings Home Visit Purposes, Principles, Planning and evaluation, Bag technique, Clinic: Purposes, type of clinics and their functions, Function of Health personnel in clinic	10
7	Referral System Levels of health care and health care settings. , Referral services available , Steps in referral., Role of a nurse in referral	6
8	Records and reports Types and uses, Essential requirements of records and reports, Preparation & Maintenance	3

Contents : Unit	Topics	Contact Hours
9	Minor Ailments Principles of management, Management as per standing instructions/orders	5
10	Introduction: Environmental hygiene Components of environment, Importance of healthy environment	2
11	Environmental Factors Contributing to Health Water : - Sources and characteristics of safe and wholesome water - Uses of water. - Rain water harvesting - Water pollution – natural and acquired impurities - Water borne diseases - Water purification-small and large scale , Air : - Composition of air - Airborne diseases - Air pollution and its effect on health - Control of air pollution and use of safety measures., Waste : - Refuse – garbage, excreta and sewage - Health hazards - Waste management: collection, transportation and disposal., Housing: - Location - Type - Characteristics of good housing - Basic amenities - Town planning , Ventilation: - Types and standards of ventilation , Lighting: - Requirements of good lighting - Natural and artificial lighting - Use of solar energy , Noise - Sources of noise - Community noise levels - Effects of noise pollution - Noise Control measures , Arthropods: - Mosquitoes, housefly, sand fly, human louse, rat fleas, rodents, ticks etc. - Control measures	22
12	Community organizations to promote environmental health Levels and types of agencies: - National, state, local - Government, voluntary and social agencies., Legislations and acts regulating the environmental hygiene.	6
13	Health Education & Communication Skill : Communication Definition, process, purposes, principles, types and importance of communication, Barriers in communication, Establishment of successful communication., Observing and listening skills.	8
14	Health Education Concept, definition, aims and objectives of health education, Principles of health education , Process of change/modification of health behavior, Levels and approaches of health education , Methods of health education, Scope and opportunities for health education in hospital and community, Nurse's role in health education	6
15	Counseling Definition, purpose, principles, scope and types, Counseling process: steps and techniques, Qualities of a good counselor , Difference between health education and counseling , Role of nurse in counseling	8
16	Methods and Media of Health Education Definition, purpose and types of audio-visual aids and media, Selection, preparation and use of audiovisual aids : graphic aids, printed aids, three dimensional aids and projected aids, Advantages and limitations of different media, Preparation of health education plan	18

Contents : Unit	Topics	Contact Hours
17	Introduction : Nutrition Meaning of food, nutrition, nutrients etc. , Food Habits and customs, Factors affecting nutrition , Changing concepts in food and nutrition, Relation of Nutrition to Health	2
18	Classification of food Classification by origin: - Food and animal origin - Food of plant origin, Classification by chemical composition and sources - Carbohydrates - Proteins - Fats - Minerals - Vitamins - Water , Classification by predominant functions - Body building food - Energy giving food - Protective food , Classification by nutritive value - Cereals and millets - Pulses and legumes - Vegetables - Nuts and oil seeds - Fruits - Animal food - Fats and oils - Sugar and jiggery - Condiments and spices - Miscellaneous food.	2
19	Normal Dietary Requirements Energy: Calorie, Measurement, Body Mass Index, Basal Metabolic Rate – determination and factors affecting, 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., Budgeting for food, low cost meals, food substitutes., Diseases and disorders caused by the imbalance of nutrients, Food allergy –causes, types, diet modifications in gluten, lactose and protein intolerance etc., Food intolerance - inborn errors of metabolism	4
20	Food Preparation, Preservation & Storage Principles of cooking, methods of cooking and the effect of cooking on food and various nutrients. Safe food handling, health of food handlers., Methods of food preservation– household and commercial, precautions. , Food storage – cooked and raw, household and commercial, ill effects of poorly stored food. , Food adulteration and acts related to it.	2
21	Therapeutic Diet 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., 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, Factors affecting diet acceptance, feeding the helpless patient, Health education on nutrition needs and methods in diet modification	8

Contents : Unit	Topics	Contact Hours
22	Community Nutrition Nutritional problems and programs in India , Community food supply, food hygiene and commercially prepared and grown food available locally, National and international food agencies – Central food training research institute (CFTRI), Food and agriculture organization, (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.	4
23	Preparation of diet / practical Beverages: hot and cold, juice, shakes, soups, lassi, barley water, Egg preparation: egg flip, scramble, omlet, poached egg, Light diet: porridges, gruel, khichari, dahlia, kanji, boiled vegetables, salads, custards. , Low cost high nutrition diets - chikki, multigrain roti, Cookery Practical	8
Total Hours		180

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Clinical Contact Hours Clinical posting in various community area, sub-centre, primary health centre & community health centre.	320
Total Hours		320

Textbook :

- 1 TEXTBOOK OF COMMUNITY HEALTH NURSING II FOR GNM NURSING STUDENTS , GILL K K, CBS Publishers, 2020
- 2 TEXTBOOK OF Community Health Nursing - I , S. Bhagya Lakshmi, VIJAYAM PUBLICATIONS, 2022

References:

- 1 Community Health Nursing - 1 for G.N.M. 1st Year Students (As Per Newly Revised Syllabus of INC), Community Health Nursing - 1 for G.N.M. 1st Year Students (As Per Newly Revised Syllabus of INC), Dr. Preeti Agarwal and Vinod Gupta, Jain Publications, Jaipur (Rajasthan), 2022

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery
--

Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
40.00	40.00	10.00	10.00	0.00	0.00

Instructional Method:

- 1 Classroom Teaching +Clinical Posting in various community area

Supplementary Resources:

- 1 NA