

Course Title	Community Health II
Course Credit	4 credits (60 hours of in-class instruction) 3 credits (140 hours of practicals)
Duration	Spread across two months time the course will be administered in the month of October-November and February-March
Course Description	This course is designed for students to practice comprehensive care for the individuals, families and groups residing in the urban and rural setting, by using problem solving, evidence based process concept and principles of health and community health.
Course Prerequisites	The course is designed for students who are interested in health, medicine and nursing. A background of public health is strongly recommended.
Course Objectives	At the end of the course student will be able to: <ol style="list-style-type: none"> 1. Understand the concepts, scope, principles and historical development of community health and community health. 2. Appreciate the national health planning, policies, problems. 3. Recognize and describe the health care delivery system of urban and rural India 4. Develop an insight and understanding about various theories and its application in community health practice . 5. Function as committed personnel using community health of primary health care. 6. Participate in assisting individuals, families and groups to promote and maintain their health and empower them to care for themselves . 7. Appreciate the role and responsibilities of community health nurse as specific to health promotion, disease prevention, treatment and evaluation of health services . 8. Understand the health agencies at the international and national level. 9. Participate in training and supervision of various categories of health workers
Course Topic List	<p>Unit 1 Introduction</p> <ul style="list-style-type: none"> • Definition, concept and scope of Community Health • Historical development of <ul style="list-style-type: none"> • Community health • Pre-independence • Post-independence • Ethical principles, application of ethics in community health practice • Govt. & legal influence on community health practice <p>Unit 2 Health planning and policies and problems</p> <ul style="list-style-type: none"> • Five Year Plans • Various committees and commissions on health and family welfare <ul style="list-style-type: none"> • Central council for health and family welfare (CCH and FW) • National population policy • Rural health mission • Health problems in India <p>Unit 3 Delivery of community health services</p> <ul style="list-style-type: none"> • Planning, budgeting and material management of S Cs, 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 health centers, Hospitals, District, State and Centre. • Urban : Organization, staffing and functions of urban health services provided by government at: Slums, Dispensaries, Health posts, Maternal and child health centers, Special Clinics, Hospitals, Corporation / Municipality / Board. • Components of health services <ul style="list-style-type: none"> ○ Environmental sanitation ○ Health education ○ Vital statistics

- M.C.H.- antenatal, natal, postnatal, MTP Act, female foeticide act, Child adoption Act
- Family Welfare
- National health programmes
- School health services
- Occupational health
- Defence 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 4 Community health approaches, concepts and responsibilities of Community personnel

- Approaches
 - 1 theories And process
 - 2 Epidemiological approach
 - 3 Problem solving approach
 - 4 Evidence based approach
 - 5 Empowering people to care for themselves
- Concepts of primary Health Care: Equitable distribution, Community participation, Focus on prevention, Use of appropriate technology and Multi- sectoral approach
- Role and responsibilities of Community health personnel in
 - Family health services
 - Information Education Communication (IEC)
 - Management Information Systems (MIS): Maintenance of Records & 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 and services
 - Occupational Health
 - Organization of clinics, camps: Types, Preparation, Planning, conduct and evaluation
 - Waste management in the center, clinics etc.
- Home visit: Concept, Principles, Process, Techniques: Bag technique home visit
- Qualities of a Community Health Nurse
- Job Description of various categories of Community health personnel

Unit 5 Assisting individuals and group to promote and maintain their health

- Empowerment for self care of individuals, families and groups in -
- A. Assessment of self and family**
 - Monitoring growth and development of under fives
 - Mile stones of infants
 - Temperature and Blood pressure monitoring
 - History of Menstrual cycle
 - Breast self examination
 - Examination of testicles
 - Warning Signs of various diseases
 - Tests: Haemoglobin, blood for malarial smear, Urine for sugar and albumin.

B. Seek health services for

Routine checkup, immunization, counseling, diagnosis, treatment and follow up.

C. Maintenance of health records for self and family

D. Continue medical care and follow up in community for various diseases and disabilities

E. Carryout therapeutic procedures as prescribed/ required for self and family

F. Waste Management

- Collection and disposal of waste at home and community

G. 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 and substance abuse.

H. Utilize community resources for self and family

- Trauma Services, old age homes, orphanage, homes for physically and mentally challenged individuals, homes for destitute and adoption centers.

Unit 6 National health and family welfare programmes and the role of a nurse in

1. National ARI programme
2. Revised National Tuberculosis Control Programme (RNTCP)
3. National Anti- Malaria programme
4. National Filaria control programme
5. National Guinea worm eradication programme
6. National Leprosy eradication programme
7. National AIDS control programme
8. STD control programme
9. National programme for control of blindness
10. Iodine deficiency disorder programme
11. Expanded programme on immunization
12. National Family welfare Programme -RCH programme historical development, organization, administration, research, constrains
13. National water supply and sanitation programme
14. Minimum Need programme
15. National Deabetics control Programme
16. Polio Eradication : Pulse Polio Programme
17. National Cancer Control Programme
18. Yaws Eradication Programme
19. National Nutritional Anemia Prophylaxis programme
20. 20 point programme
21. ICDS programme
22. Mid day meal and applied nutritional programme
23. National mental health programme
24. Health Schemes
 - ESI
 - CGHS
 - Health insurance

Unit 7 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 etc (FPAI), Tuberculosis association of India, Hindu Kusht

	Nivaran Sangh, Central Social Welfare Board, All India Women's, Conference , Blind Association of India etc.
Practicum	<p>VISITS SUGGESTED</p> <p>I Community Resources For Self & Family</p> <ol style="list-style-type: none"> 1. Trauma center 2. Old Age Home 3. Orphanage 4. Home for physically & mentally challenged individuals 5. Home for Destitutes <p>II Social Nurse affecting health</p> <ol style="list-style-type: none"> 1. Mahila Mandal 2. Food & Adulteration Lab 3. Community Kitchen 4. NARI <p>III. Others</p> <ol style="list-style-type: none"> 1. Family Welfare Bureau 2. Industrial Visit 3. IEC Bureau 4. B.D.O. 5. Gram Panchayat 6. Zilla Parishad 7. Panchayat Samiti 8. PHC 9. Sub Center 10. Rural Hospital 11. Community Health Center 12. Anganwadi <p><u>Community Postings in Urban and Rural ares:</u></p> <ul style="list-style-type: none"> • Community health survey • Community diagnosis • Family care: Home procedures • Home visit: Bag technique • Organize and conduct clinics ANC, PNC, well baby clinic, camps etc. • School Health programme • Collect and calculate vital health statistics
Resource Materials	<ol style="list-style-type: none"> 1) Jayawanti, TNAI Nursing Manual, TNAI publication 2) K.Park, 'Text Book Of Preventive & Social Medicine' 3) Stanthope Lancaster, 'Community Health Nursing Process & Practice', Popular publication. 4) Basvantappa B.T, 'Community Health Nursing' Jaypee brothers. 5) Anderson, 'Community as Partner, Theory & Practice'. 6) Allender, 'Community Health Nursing' B.I. Publications 7) Harpson, 'Hand Book of Community Health Nursing' 8) Shastr , 'Preventive & Social Medicine', National Publications 9) Sathe , 'Epidemiology & management of Health Care', Popular Publications 10) Babu Sheshu, 'Review in Community Medicine', Paras Publication 11) Clarke, 'Preventive & Community Medicine', Boston Little Brown Company.
Evaluation Criteria	Summative evaluation technique will be utilized at the end of the course and objective type questions will be administered to the students. Formative evaluation techniques includes evluation in the field and assignments.