



SILVER OAK UNIVERSITY
Silver Oak College of Nursing
Bachelor of Science (Nursing)
Course Name: Community Health Nursing - I
Course Code: 1060323303
Semester: 5th

Prerequisite:

Completion of foundational nursing courses such as Fundamentals of Nursing, Adult Health Nursing, and Pharmacology. Basic knowledge of nursing theories, concepts, and principles. Understanding of public health concepts and principles. Proficiency in communication skills, including therapeutic communication and health education. Knowledge of community assessment and epidemiology. Understanding of cultural competence and diversity in healthcare. Basic understanding of healthcare systems and policies.

Course Objective:

1. To help students develop broad perspectives of health, its determinants, about community health nursing and understanding about the health care delivery services, health care policies and regulations in India.
2. To help the students to develop knowledge and understanding of environmental science.
3. To helps students to apply the principles and concepts of BCC and health education for health promotion and maintenance of health within the community in wellness and illness continuum.
4. To help students to practice Community Health Nursing for the individuals, family and groups at rural, urban and tribal settings by applying principles of community health nursing and epidemiological approach.
5. To develop knowledge and competencies required to screen, assess, diagnose, manage and refer clients appropriately in various health care settings.
6. To prepares the students to provide primary healthcare to clients of all ages in the community, DH, PHC, CHC, SC/HWC and develop beginning skills in participating in all the National Health Programs.

Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
5	0	8	13	7

Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	Concepts of Community Health and Community Health Nursing Definition of public health, community health and community health nursing Public health in India and its evolution and Scope of community health nursing Review: Concepts of Health & Illness/ disease: Definition, dimensions and determinants of health and disease Natural history of disease Levels of prevention: Primary, Secondary & tertiary prevention Review Health problems (Profile) of India	4	4
2	Health Care Planning and Organization of Health Care at various levels Health planning steps Health planning in India: various committees and commissions on health and family welfare and Five Year plans Participation of community and stakeholders in health planning Health care delivery system in India: Infrastructure and Health sectors, Delivery of health services at sub-centre (SC), PHC, CHC, District level, state level and national level Sustainable development goals (SDGs), Primary Health Care and Comprehensive Primary Health Care (CPHC): elements, principles CPHC through SC/Health Wellness Center (HWC) Role of MLHP/CHP National Health Care Policies and Regulations National Health Policy (1983, 2002, 2017) National Health Mission (NHM): National Rural Health Mission (NRHM), National Urban Health Mission (NUHM), NHM National Health Protection Mission (NHPM) Ayushman Bharat Universal Health Coverage	8	8
3	Environmental Science, Environmental Health, and Sanitation Natural resources: Renewable and nonrenewable resources, natural resources and associated problems: Forest resources, water resources, mineral resources, food resources, energy resources and land resources	15	15

	<p>Role of individuals in conservation of natural resources, and equitable use of resources for sustainable lifestyles</p> <p>Ecosystem: Concept, structure and functions of ecosystems, Types & Characteristics Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystem, Energy flow in ecosystem Biodiversity: Classification, value of bio-diversity, threats to biodiversity, conservation of biodiversity</p> <p>Environmental pollution: Introduction, causes, effects and control measures of Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, nuclear hazards & their impact on health</p> <p>Climate change, global warming: ex. heat wave, acid rain, ozone layer depletion, waste land reclamation & its impact on health</p> <p>Social issues and environment: sustainable development, urban problems related to energy, water and environmental ethics</p> <p>Acts related to environmental protection and preservation</p> <p>Environmental Health & Sanitation</p> <p>Concept of environment health and sanitation</p> <p>Concept of safe water, sources of water, waterborne diseases, water purification processes, household purification of water</p> <p>Physical and chemical standards of drinking water quality and tests for assessing bacteriological quality of water</p> <p>Concepts of water conservation: rain water harvesting and water shed management</p> <p>Concept of Pollution prevention</p> <p>Air & noise pollution</p> <p>Role of nurse in prevention of pollution</p> <p>Solid waste management, human excreta disposal & management and sewage disposal and management</p> <p>Commonly used insecticides and pesticides</p>		
4	<p>Nutrition Assessment and Nutrition Education</p> <p>Review of Nutrition</p> <p>Concepts, types</p> <p>Meal planning: aims, steps & diet plan for different age groups</p> <p>Nutrition assessment of individuals, families and community by using appropriate methods</p> <p>Planning suitable diet for individuals and families according to local availability of foods, dietary habits and economic status</p> <p>General nutritional advice</p> <p>Nutrition education: purpose, principles & methods and Rehabilitation</p> <p>Review: Nutritional deficiency disorders</p> <p>National nutritional policy & programs in India</p>	7	7

	<p>Food Borne Diseases and Food Safety</p> <p>Food borne diseases Definition, & burden, Causes and classification Signs & Symptoms Transmission of food borne pathogens & toxins Early identification, initial management and referral</p> <p>Food poisoning & food intoxication Epidemiological features/clinical characteristics, Types of food poisoning Food intoxication-features, preventive & control measures Public health response to food borne diseases</p>		
5	<p>Communication management and Health Education</p> <p>Behaviour change communication skills communication Human behavior Health belief model: concepts & definition, ways to influence behaviour Steps of behaviour change Techniques of behaviour change: Guiding principles in planning BCC activity Steps of BCC Social and Behaviour Change Communication strategies (SBCC): techniques to collect social history from clients Barriers to effective communication, and methods to overcome them Health promotion and Health education: methods/techniques, and audio-visual aids</p>	6	6
6	<p>Community health nursing approaches, concepts, roles and responsibilities of community health nursing personnel</p> <p>Approaches: Nursing process Epidemiological approach Problem solving approach Evidence based approach Empowering people to care for themselves Review: Primary health care and Comprehensive Primary Health Care (CPHC)</p> <p>Home Visits: Concept, Principles, Process, & Techniques: Bag technique Qualities of Community Health Nurse Roles and responsibilities of community health nursing personnel in family health services Review: Principles & techniques of counseling</p>	7	7

7	<p>Assisting individuals and families to promote and maintain their health</p> <p>Assessment of individuals and families (Review from Child health nursing, Medical surgical nursing and OBG Nursing) Assessment of children, women, adolescents, elderly etc. Children: Monitoring growth and development, milestones Anthropometric measurements, BMI Social development Temperature and Blood pressure monitoring Menstrual cycle Breast self-examination (BSE) and testicles self examination (TSE) Warning Signs of various diseases Tests: Urine for sugar and albumin, blood sugar, Hemoglobin Provision of health services/primary health care: Routine check-up, Immunization, counseling, and diagnosis Management of common diseases at home and health centre level Care based on standing orders/protocols approved by MoH&FW Drugs dispensing and injections at health centre</p> <p>Continue medical care and follow up in community for various diseases/disabilities</p> <p>Carry out therapeutic procedures as prescribed/required for client and family</p> <p>Maintenance of health records and reports Maintenance of client records Maintenance of health records at the facility level Report writing and documentation of activities carried out during home visits, in the clinics/centers and field visits Sensitize and handle social issues affecting health and development of the family Women empowerment Women and child abuse Abuse of elders Female foeticide Commercial sex workers Substance abuse</p> <p>Utilize community resources for client and family Trauma services Old age homes Orphanages Homes for physically challenged individuals Homes for destitute Palliative care centres</p>	10	10
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	Hospice care centres Assisted living facility		
8	<p>Introduction to Epidemiology Epidemiological Approaches and Processes</p> <p>Epidemiology: Concept and Definition Distribution and frequency of disease Aims & uses of epidemiology Epidemiological models of causation of disease Concepts of disease transmission Modes of transmission: Direct, Indirect and chain of infection Time trends or fluctuations in disease occurrence Epidemiological approaches: Descriptive, analytical and experimental Principles of control measures/levels of prevention of disease Investigation of an epidemic of communicable disease Use of basic epidemiological tools to make community diagnosis for effective planning and intervention</p>	10	10
9	<p>Communicable Diseases and National Health Programs</p> <p>Communicable Diseases Vector borne diseases (Every disease will be dealt under the following headlines) Epidemiology of the following vector born diseases Prevention & control measures Screening, and diagnosing the following conditions, primary management, referral and follow up Malaria Filaria Kala-azar Japanese encephalitis Dengue Chickungunya Communicable diseases: Infectious diseases (Every disease will be dealt under the following headlines) Epidemiology of the following infectious diseases Prevention & Control measures Screening, diagnosing the following conditions, primary management, referral and follow up Leprosy Tuberculosis Vaccine preventable diseases Diphtheria, whooping cough, tetanus, poliomyelitis and measles Enteric fever Viral hepatitis HIV/AIDS/RTI infections</p>	15	15

	<p>HIV/AIDS, and Sexually Transmitted Diseases/ Reproductive tract infections (STIs/RTIs) Diarrhoea o Respiratory tract infections COVID-19 Helminthic soil & food transmitted and parasitic infections Scabies and pediculosis Communicable diseases: Zoonotic diseases Epidemiology of Zoonotic diseases Prevention & control measures Screening and diagnosing the following conditions, primary management, referral and follow up Rabies: Identify, suspect, primary management and referral to a health facility Role of a nurses in control of communicable diseases National Health Programs 1. UIP: Universal Immunization Program (Diphtheria, Whooping cough, Tetanus, Poliomyelitis, Measles and Hepatitis B) 2. National Leprosy Eradication Program (NLEP) 3. Revised National Tuberculosis Control Program (RNTCP) 4. Integrated Disease Surveillance Program (IDSP): Enteric fever, Diarrhea, Respiratory infections and Scabies 5. National Aids Control Organization (NACO) 6. National Vector Borne Disease Control Program 7. National Air Quality Monitoring Program 8. Any other newly added program</p>		
10	<p>Non-Communicable Diseases and National Health Program (NCD) National response to NCDs (Every disease will be dealt under the following headlines Epidemiology of specific diseases Prevention and control measures Screening, diagnosing/ identification and primary management, referral and follow up care NCD-1 Diabetes Mellitus Hypertension Cardiovascular diseases Stroke & Obesity Blindness: Categories of visual impairment and national program for control of blindness Deafness: national program for prevention and control of deafness Thyroid diseases</p>	15	15

	<p>Injury and accidents: Risk factors for Road traffic injuries and operational guidelines for trauma care facility on highways</p> <p>NCD-2 Cancers Cervical Cancer Breast Cancer Oral cancer Epidemiology of specific cancers, Risk factors Causes, Prevention, Screening, diagnosis signs, Signs & symptoms, and early management & referral Palliative care Role of a nurse in noncommunicable disease control program</p> <p>National Health Programs National program for prevention and control of cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) National program for control of blindness National program for prevention and control of deafness National tobacco control program</p> <p>Standard treatment protocols used in National Health Programs</p>		
11	<p>School Health Services Objectives Health problems of school children Components of school health services Maintenance of school health records Initiation and planning of school health services Role of a school health nurse</p>	3	3

Course Outcome:

Sr.No	CO Statement	Unit No
CO-1	Explain concepts of community health nursing in providing comprehensive primary health care, health care planning & organization at various levels	1,2
CO-2	Utilize environmental health principles to address sanitation and nutritional issues in the community	3,4
CO-3	Implement health education and behavior change techniques to promote and maintain health in individuals and families	5
CO-4	Demonstrate effective home visiting and community assessment skills to support primary health care delivery	6,7
CO-5	Describe epidemiological approaches in assessing, diagnosing, and managing communicable and non-communicable diseases and role of nurse in school health activities	8,9,10,11

Teaching & Learning Methodology: -

1. Suggested field visits
2. Field practice
3. Role play
4. Demonstration
5. Participation in national health programs

List of experiments**Total Hours-160**

Sr.No.	Practical Name
1.	Build and maintain rapport
2.	Identify the socio demographic characteristics, health determinants and resources of a rural and an urban community
3.	Perform nutritional assessment and plan diet plan for adult
4.	Educate individuals/ family/community
5.	Perform health assessment for clients of various age groups
6.	Maintain records and reports
7.	Identify prevalent communicable and noncommunicable diseases
8.	Screen, diagnose, manage and refer clients with common health problems in the community and refer high risk clients using standing orders/protocols
9.	Participate in implementation of national health programs
10	Participate in school health program

Books Recommended

1. Shyamala D Manivannan; “Comprehensive Textbook of Community Health Nursing”; CBS Publishers
2. R.P. Saxena; “Community Health Nursing-I”; Lotus Publishers
3. BT Basavanthappa ; “Community Health Nursing”; Jaypee Publishers
4. Veerabhadrapa GM; “The Short Textbook of Community Health Nursing”; Jaypee Brothers
5. Simrat Kaur N J Singh; “Community Health Nursing-I”; Lotus Publishers

List of Open-Source Software/learning website

1. https://books.google.com/books?id=UOpDEAAQBAJ&printsec=frontcover&dq=e+books+for+community+health+nursing+for+bsc+nursing&hl=en&newbks=1&newbks_redir=1&sa=X&ved=2ahUKEwjunsOc2-KFAxVck1YBHYHQakMQ6AF6BAgHEAI
2. https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/nursing_students/comm_hlth_nsg_final.pdf
3. <https://nurseinfo.in/product/bsc-nursing-community-health-nursing-i-notes/>

CO-PO-PSO Matrix

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	2	2	2	1	-	2	3	3	2	2	2	3
CO-2	2	2	2	1	-	2	2	3	3	2	2	3
CO-3	3	3	2	1	-	2	2	3	3	2	2	3
CO-4	2	2	3	1	-	2	3	2	2	3	2	2
CO-5	3	3	2	1	-	2	2	3	2	2	3	2