

Contents

1. Concepts of Health and Community	1
Concept of Community	1
Concept of Health	3
Dimensions of Health	3
Determinants of Health	4
2. Concept of Community Health and Community Health Nursing	6
Concept of Community Health	6
Concept of Community Health Nursing	7
Qualities of Community Health Nurse	12
Community Health Nursing Process	12
3. Community Health Nursing Approaches	16
Evidence-based Practice (EBP) in Community Health Nursing	16
Problem Solving Approach	18
Epidemiological Approach	20
Empowering People to Care for Themselves	21
4. Maintenance of Health	24
Maintenance of Physical Health	24
Personal Hygiene	24
Maintenance of Mental Health	30
Health Team Work	31
5. Health Promotion and Levels of Prevention	34
Levels of Prevention	36
6. Environmental Health	39
Environment	39
Physical Environment	40
Ventilation	42
Water	43
Global Warming	50
Biological Environment	52
7. Waste Management	55
Refuse	55
Biomedical Waste	57
Disposal of Dead Bodies	57
8. Food Hygiene	62
Food Hygiene	62
Hygiene of Milk	63
Food Poisoning	66
9. Family as a Basic Unit of Health Services in the Community	70
Family	70
Family Health Care	74

Family Health Care Nursing	75	
Family Nursing Process	76	
Health Risk Families	79	
10. Home Visit		82
Home Visit	82	
Interview in Family Health	83	
Family Health Counseling and Guidance	85	
Bag Technique	86	
11. Health Planning		88
Health Planning	88	
Planning Process	89	
National Health Policy	89	
Health for all Movement	90	
Planning Commission	91	
National Health Planning Committees	91	
National Five Year Plans	91	
Millennium Development Goals	94	
Central Council of Health and Family Welfare	94	
12. Health Care Delivery System in India		95
Health Care Delivery System	96	
Health Care Delivery System in India	96	
Resources	97	
Health Care Services	97	
Health Care Systems in India	98	
Public Health Sector	98	
Community Health Centers	103	
Hospitals	104	
Health Insurance	104	
Employees State Insurance Act	104	
Central Government Health Scheme	105	
Private Sector	106	
Voluntary Health Agencies	106	
Family Planning Association of India	108	
Hind Kusht Nivaran Sangh (Indian Leprosy Association)	108	
13. National Health Programs		109
National Antimalaria Program	110	
National Filaria Control Program	110	
Revised National Tuberculosis Control Program (RNTCP)	111	
DOTS (Direct Observed Therapy Short Course)	111	
National AIDS Control Program	112	
National Program for Control of Blindness	113	
Iodine Deficiency Disorder Control Program	114	
Universal Immunization Program	115	
National Water Supply and Sanitation Program	115	
Minimum Needs Program	116	
20 Point Program	116	
National Guinea Worm Eradication Program	116	
National Leprosy Eradication Program	116	

Japanese Encephalitis Control Program	117	
National Rural Health Mission	117	
Reproductive and Child Health Program	118	
Reproductive and Child Health Approach	118	
National Diabetes Control Program	119	
National Mental Health Program	120	
Yaws Eradication Program (YEP)	120	
National Cancer Control Program	121	
National Surveillance Program for Communicable Diseases	122	
Pulse Polio Immunization (PPI) Program	123	
National Nutritional Anemia Prophylaxis Program	123	
Family Welfare Program in India	124	
Integrated Child Development Services (ICDS)	126	
Midday Meal Scheme	126	
National ARI Control Program	127	
STD Control Program	127	
14. Public Health Administration in India		129
Public Health Administration	129	
National Level Health Administration	130	
National Level Health Administration Organization	131	
State Level Health Administration	133	
District Level Health Administration	134	
The Institutions	135	
15. Health Education		138
Concept of Health Education	139	
Methods and Techniques of Health Education	141	
Lecture Method	142	
Demonstration Method	142	
Seminar and Conferences	143	
Symposium	144	
Workshop	145	
Group Discussion	146	
Panel Discussion	146	
Role Playing	146	
Mass Communication	146	
Health Communication	147	
Planning and Evaluation of Health Education	147	
Audio-visual Aids	148	
Visual Aids	148	
Projected Aids	148	
Nonprojected Aids	150	
Flannel Graph	150	
Handouts	151	
Flash Cards	151	
16. International Health Agencies		152
World Health Organization	152	
UNFPA (The United Nations Population Fund)	154	
UNDP (The United Nations Development Programme) (2006)	155	
World Bank	155	
Food and Agriculture Organization	157	

UNICEF	158	
European Commission	159	
The International Red Cross	159	
United States Agency for International Development	160	
United Nations Educational, Scientific and Cultural Organization	160	
Colombo Plan	160	
International Labor Organization	161	
CARE	161	
17. Demography and Family Welfare		162
Demography	163	
Concept of Demography and Demographic Transition	163	
Scope and Uses of Demography	164	
Sources and Methods of Collecting Demographic Data	165	
Analysis and Interpretation of Demographic Data	166	
Demographic Rates and Ratios	166	
Ratio	167	
Other Demographic and Fertility Rates	167	
Population Growth and Population Explosion	168	
Methods to Control Population Explosion	169	
Family Planning	169	
Birth Control Measures	170	
Barrier Methods of Contraception	170	
Intrauterine Device	173	
Oral Contraceptives	176	
Emergency Contraception	177	
Natural Methods of Contraception	178	
Sterilization	181	
18. Community Research		184
Community-based Research	184	
Steps of the Research Process	186	
19. Role of a Community Health Nurse in Special Health Services		188
School Health Service	188	
Disaster Management	190	
Occupational Health Services	192	
TB Nursing	194	
Community Oncology	196	
Community Psychiatry	197	
Community Geriatrics	198	
Supervision	199	
20. Role of a Nurse in Sensitizing and Handling the Social Issues		203
Social Issues and Challenges	203	
Women Empowerment	203	
Women Abuse	204	
Elderly Abuse	206	
Child Abuse	208	
Female Feticide	210	