

Community Health Nursing

Community Health Nursing

SECOND EDITION

BT Basavanthappa

MN PhD

Professor and Principal (Rtd.)
Govt. College of Nursing
Fort, Bengaluru
Karnataka
India

- PhD Guide (Recognized by INC and Indian Universities)
- Examiner for UG, PG and Doctoral Courses in Nursing
- Ex-Programme In-charge, IGNOU BSc Nursing Course
- Life Member
 - Trained Nurses Association of India, New Delhi
 - Govt. Nurses Association of Karnataka, Bengaluru
 - Academy of Nursing Studies, Hyderabad
 - United Writers Association of India, Chennai
 - Nursing Research Society of India, New Delhi
- President
 - RGUHS Nursing Teachers Association, Karnataka
- Winner
 - Bharat Excellence Award and Gold Medal
 - Vikas Ratan Gold Award
 - UWA Lifetime Achievement Award
- Author
 - Ten Books on Nursing



JAYPEE BROTHERS MEDICAL PUBLISHERS (P) LTD

New Delhi • Ahmedabad • Bengaluru • Chennai • Hyderabad • Kochi • Kolkata • Mumbai • Nagpur

Published by

Jitendar P Vij

Jaypee Brothers Medical Publishers (P) Ltd

B-3, EMCA House, 23/23B Ansari Road, Daryaganj

New Delhi 110 002, India

Phones: +91-11-23272143, +91-11-23272703, +91-11-23282021, +91-11-23245672, Rel: +91-11-32558559

Fax: +91-11-23276490, +91-11-23245683 e-mail: jaypee@jaypeebrothers.com

Visit our website: www.jaypeebrothers.com

Branches

- 2/B, Akruiti Society, Jodhpur Gam Road Satellite
Ahmedabad 380 015 Phones: +91-79-26926233, Rel: +91-79-32988717, Fax: +91-79-26927094
e-mail: ahmedabad@jaypeebrothers.com
- 202 Batavia Chambers, 8 Kumara Krupa Road, Kumara Park East
Bengaluru 560 001 Phones: +91-80-22285971, +91-80-22382956, Rel: +91-80-32714073
Fax: +91-80-22281761 e-mail: bangalore@jaypeebrothers.com
- 282 Illrd Floor, Khaleel Shirazi Estate, Fountain Plaza, Pantheon Road
Chennai 600 008 Phones: +91-44-28193265, +91-44-28194897, Rel: +91-44-32972089
Fax: +91-44-28193231 e-mail: chennai@jaypeebrothers.com
- 4-2-1067/1-3, 1st Floor, Balaji Building, Ramkote Cross Road
Hyderabad 500 095 Phones: +91-40-66610020, +91-40-24758498, Rel: +91-40-32940929
Fax: +91-40-24758499, e-mail: hyderabad@jaypeebrothers.com
- No. 41/3098, B & B1, Kuruvi Building, St. Vincent Road
Kochi 682 018, Kerala Phones: +91-484-4036109, +91-484-2395739, +91-484-2395740 e-mail: kochi@jaypeebrothers.com
- 1-A Indian Mirror Street, Wellington Square
Kolkata 700 013 Phones: +91-33-22651926, +91-33-22276404, +91-33-22276415, Rel: +91-33-32901926
Fax: +91-33-22656075, e-mail: kolkata@jaypeebrothers.com
- 106 Amit Industrial Estate, 61 Dr SS Rao Road, Near MGM Hospital, Parel
Mumbai 400012 Phones: +91-22-24124863, +91-22-24104532, Rel: +91-22-32926896
Fax: +91-22-24160828, e-mail: mumbai@jaypeebrothers.com
- "KAMALPUSHPA" 38, Reshimbag, Opp. Mohota Science College, Umred Road
Nagpur 440 009 (MS) Phone: Rel: +91-712-3245220, Fax: +91-712-2704275 e-mail: nagpur@jaypeebrothers.com

Community Health Nursing

© 2008, BT Basavanthappa

All rights reserved. No part of this publication should be reproduced, stored in a retrieval system, or transmitted in any form or by any means: electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the author and the publisher.

This book has been published in good faith that the material provided by author is original. Every effort is made to ensure accuracy of material, but the publisher, printer and author will not be held responsible for any inadvertent error(s). In case of any dispute, all legal matters are to be settled under Delhi jurisdiction only.

First Edition : 1998

Reprints : 1999, 2001, 2003, 2005, 2006

Second Edition : **2008**

ISBN : 81-8448-096-2

Typeset at JPBMP typesetting unit

Printed at Paras Press

To
my ever loving parents
Shri Thukkappa & Smt. Hanumanthamma
and
my dear students of
Noble Nursing Profession

FOREWORD

There has been an urgent need for a standard book on Community Health Nursing. I congratulate Dr BT Basavanthappa, for his exhaustive effort to meet this demand by writing *Community Health Nursing*. I am sure the book which is comprehensive in its approach shall be well-received by the nursing students and faculty of this country as well as those of other developing countries which face identical health problems. The chapters on "Primary Health Care," and "Health Administration in India" shall attempt to draw the attention of health professionals from the ivory towers of health institutions to the community.

Dr (Mrs) MK Vasundhra

MD, FIPHA, FIAPSM

Former Professor and Head
Department of Preventive and
Social Medicine
Bangalore Medical College
Bengaluru
Karnataka
India

PREFACE TO THE SECOND EDITION

It gives me immense pleasure and satisfaction to introduce the second edition of my book *Community Health Nursing*. In addition, I have been pleased with utilization of my other books related to nursing which includes — *Fundamentals of Nursing, Medical-Surgical Nursing, Midwifery/Reproductive Health Nursing, Paediatric/Child Health Nursing, Psychiatric/Mental Health Nursing, Nursing Education, Nursing Administration, Nursing Research, Nursing Theories* and the first edition of *Community Health Nursing*.

The role of nursing is increasingly becoming complex and nurses need more knowledge and skills. Today, they must be able to grow and evolve in order to meet the demands of a dramatically changing health care system. Health care has moved increasingly from hospital to the home and community health nurses need skill in technology, communication and interpersonal relations to be effective members of the collaborative health care team. Also they need to think critically and be creative in implementing nursing strategies with clients in the varieties of community settings.

The goal of nursing education is to prepare today's student to meet the challenges of tomorrow. This preparation must extend beyond mastery of facts and skills. We believe that nursing knowledge is a fusion of theoretical knowledge, practical knowledge, self-knowledge and ethical knowledge. To function effectively at highest level, nurses use critical thinking and nursing process to blend thoughts and actions to put caring into action. To meet this challenge, I have decided to update the text of *Community Health Nursing*.

The book has been developed to provide students with the knowledge and skills in the area of community health nursing. Care has been taken at my best knowledge to cover all the contents in this revised edition of *Community Health Nursing* as required by the respective Councils and Boards of Nursing and Universities. The text also presents the contents that represent the most accurate, current and clinically relevant information that are written in clearly and easily read manner.

I hope this book will continue to add nursing students of all levels and nurses for their growing understanding of Community Health Nursing.

I am aware of manifold reason, errors might be crept in and shall feel oblige, if such errors are brought to my notice. I sincerely welcome constructive criticism from readers, that would help me enrich myself and good suggestions will be incorporated in the next edition.

Also I invite you, now open the pages beneath your finger and join me in a world of new ideas, challenging beliefs and expanding competencies for improving standards in community health nursing.

BT Basavanhappa

PREFACE TO THE FIRST EDITION

I have a great pleasure in presenting the book *Community Health Nursing* to nursing community. I conceived the idea of writing this book due to lack of nursing books, written by Indian authors in the context of Indian situation.

Now we are witnessing so much changes taking place in health care system. To meet the demands of a constantly changing system, nurses must become increasingly futuristic in developing roles and responsibilities. For this nursing personnel must know the importance of the many factors associated with community health nursing, which includes principles of community health and nursing, the current and evolving characteristics of the health care system, a heightened awareness of the roles and responsibilities of the nurses, for placing health on the hands of the people.

The text has been written in simple language and style in well-organized and systematized way, and utmost care has been taken to cover the entire prescribed course material for nursing students. It may be a comprehensive source book that offers valuable base for designing community health nursing strategies for the individuals, families, groups and communities.

It is hoped that this book will offer the nursing students and enough exposure to the subject matter and enable to equip them in their success. I am sure that students would come out with flying colours if they strictly and sincerely make use of this book.

It is a sense of honour and pride for to place on record my sincere thanks and deep sense of gratitude to my well-wisher and guide Dr (Mrs) Manjula K Vasundhra, former Professor and Head of the Department of Preventive and Social Medicine, Bangalore Medical College, Bengaluru, who has been kind enough in going thoroughly through the manuscript of this book and accepted to write a Foreword of this book.

I wish to express sincere appreciation to my wife Smt. Lalitha and lovely children BB Mahesh and BB Ganashree who bore with patience throughout my work of this text.

I express my deep appreciation to M/s Jaypee Brothers Medical Publishers (Pvt) Ltd, New Delhi for their interest, hard work and sincere labour for publication of this book.

BT Basavanthappa

ACKNOWLEDGEMENTS

I owe a great deal of thanks to many who encouraged and supported me with their time and encouragement throughout.

- Shri G Basavannappa, Former Minister and present MLA of Karnataka for having initiated and supported me to take up this “Noble Nursing Profession” as my career.
- Dr (Mrs) Manjula K Vasundhra, Former Professor and HOD of Community Medicine, Bangalore Medical College, who continuously encouraged me to write texts in the field of nursing since nursing is a major force in Medical and Health Services.
- My Father Shri Thukkappa, who continues to grace for the progress of my career and all-round development of my personality for the welfare of the community.
- My Mother Smt Hanumanthamma, who continues to be a bright spot in the lives of all who knew her and whose grace gave me strength to progress of my life.
- My Wife Smt Lalitha, who gives meaning to my life in so many ways. She is the one whose encouragement keep me motivated, whose support gives me strength and whose gentleness gives me comfort.
- My lovely children BB Mahesh and BB Gaanashree, for all the joy they provided me and all the hope that they instill me and who bore with patience throughout my work of the nursing texts. They keep me young at heart.
- Finally, my warmest appreciation goes to M/s Jaypee Brothers Medical Publishers (Pvt) Ltd, New Delhi, for sharing my vision for this book and giving me the chance to turn my vision into reality.

CONTENTS

1. The Concepts of Community and Health	1
2. Concepts of Community Health	34
3. Concepts of Community Health Nursing	60
4. Roles and Functions of Community Health Nurse	78
5. Community Health Nursing Process	90
6. Family Health Nursing	108
7. Health for All and Primary Health Care	190
8. Health Education	211
9. Nutrition	253
10. Environmental Health	288
11. Maternal and Child Health	354
12. Immunisation	547
13. Family Planning	561
14. Epidemiology	619
15. Communicable Diseases	661
16. Noncommunicable Diseases	794
17. Special Health Programmes	824
18. Health Administration in India	870
19. International Health Agencies	942
20. Disaster Nursing	953
21. Biomedical Waste Management	978
<i>Appendices</i>	999
<i>Terms Used in Community Health Nursing</i>	1049
<i>Index</i>	1077