

FELLOWSHIP IN COMMUNITY HEALTH CARE NURSING

ABOUT THE COURSE:

Malla Reddy School of Nursing Science and Technology believes that registered nurses need to be trained in Community health care nursing in clinical and community settings in order to provide competent care to patients and enhance their quality of life. Nurses play vital role in prevention, promotion, curative and rehabilitative care. Expanding roles of nurses and advances in technology necessitate additional training to prepare them for effective participation in providing such vital role. This Fellowship program is designed for nurses to enhance their knowledge and skills towards Community health care nursing.

This fellowship course is developed to help the student to recognize the etiology, pathophysiology, symptomatology, diagnostic measures, and management of patients with malignant conditions affecting various systems. The course will further help the graduates to acquire knowledge and skills in providing comprehensive nursing care to such patients and attempts to explore and expand nursing knowledge through nursing research.

OBJECTIVES:

The graduates of fellowship students will be able to:

- Conduct research in areas of community health nursing
- Develop expertise in community health nursing
- Enhance skills for nursing interventions
- Develop leadership skills
- Improve health outcomes
- Promote health and prevent disease
- Provide comprehensive care
- Educate the community

ELGIBILITY

- Registered BSc Nursing in India or equivalent.

DURATION

- 52 Weeks or One Academic Year

COURSE DESCRIPTION

The course is designed to prepare registered B.Sc (N) with specialized knowledge, skills and attitude in providing advance quality care to Community ill patients and their families at all the three levels of care.

EVALUATION

The examination will be conducted by school of nursing science and technology, Malla Reddy Vishwavidhyapeeth deemed to be university.

CRITERIA TO APPEAR THE EXAM

- 80% attendance in theory
- 100% attendance in practical

CRITERIA TO PASS

- In order to pass a candidate should obtain 50% in theory and 50% in practical separately
- A candidate should get 50% in internal assessment.

AWARD OF CERTIFICATE

Certificate will be awarded by Malla Reddy Vishwavidhyapeeth deemed to be university

S.No	COURSE CODE	SUBJECTS	THEORY	LAB	CLINICAL	TOTAL
1		Basic Nursing for Community health care (No Exam)	60	20	120	200
2		Community health care nursing – I	80	20	300	400
3		Community health care nursing – II	80	20	300	400

BASIC NURSING FOR COMMUNITY HEALTH CARE NURSING

Theory: 60 hours

Lab: 20 hours

Practical: 120 hours

Unit	Hours	Learning objectives	Content	Teaching Learning Activity	Assessment Methods
I	20	Understand applied anatomy and physiology relevant to nursing practice; recognize opioid effects and nursing responsibilities.	Applied Anatomy & Physiology <ul style="list-style-type: none"> ➤ Review <ul style="list-style-type: none"> ● Cell structure and physiology <ul style="list-style-type: none"> ✓ Normal cell ✓ Malignant cell ● Neurological system ● Respiratory system ● Blood and lymphatics ● Cardiovascular system ● Gastro intestinal system ● Endocrine system ● Musculoskeletal system ● Genitourinary system ● Reproductive system ● Sensory system Documentation and Instruction to be taken while taking opioids ● Nurses role while administering opioids and observing the client for side-effects 	<ul style="list-style-type: none"> - Lectures - Demonstrations - Case discussions - Audio-visual aids 	<ul style="list-style-type: none"> - Written tests - Oral questioning - Return demonstration - Case study analysis
Unit II	10	Gain knowledge of basic pharmacological principles and safe drug administration.	Pharmacology <ul style="list-style-type: none"> ➤ Review <ul style="list-style-type: none"> ● Pharmacokinetics ● Analgesics ● Sedatives and Narcotics ● Antibiotics, antiseptics ● Drug reaction & toxicity ● Drugs used in cancer chemotherapy ● Blood and blood components Principles of drug administration, role of nurse and care of drugs	<ul style="list-style-type: none"> - Lectures - Drug handling demonstrations - Role play 	<ul style="list-style-type: none"> - MCQs - OSCE - Viva voce

Unit III	10	Provide psychosocial support to patients and families during palliative care	Psychosocial and Family Support <ul style="list-style-type: none"> • Communication with patients and families • Stress management for patients and caregivers • End-of-life care and decision-making • Grief, loss, and palliative approach 	- Group discussion - Role play - Reflective writing	- Case-based discussion - Reflective journal - Peer evaluation
Unit IV	10	Perform basic community health assessments and monitor vital signs effectively.	Basic Assessment of the Community health nursing Primary and secondary assessment (ABCDE) <ul style="list-style-type: none"> • Monitoring vital signs and level of consciousness • Head to Toe Assessment • System wise Assessment • Glasgow Coma Scale (GCS) • Input-output charting • Pain assessment in non-verbal patients 	- Demonstration - Clinical postings - Practice sessions	- Skill checklist - Practical examination - Logbook entries
Unit V	10	Develop effective communication and interpersonal skills in healthcare settings	Communication skills and IPR <ul style="list-style-type: none"> • Process and methods • Establishing and maintaining good IPR & communication with family, staff and colleagues • Multidisciplinary team and role of nurse • Breaking bad news • Guidance and counseling 	- Role play - Simulated interactions - Group activities	- Observation checklist - Feedback from peers/instructor - Role play evaluation

COMMUNITY HEALTH CARE NURSING – I

Theory: 80 hours

Lab: 20 Hours

Practical: 300 hours

Unit	Hours	Learning objectives	Content	Teaching Learning Activity	Assessment Methods
Unit - I	10	Understand historical development, scope, trends, and policies in community health nursing.	Introduction: Historical development of Community health and Community health Nursing- <ul style="list-style-type: none"> • World and India, various health and family welfare committees. • Current status, trends and challenges of Community Health Nursing, Health status of the Community. • Scope of Community Health nursing practice, Ethical and legal issues. • Socio-cultural issues in Community Health Nursing • National Policies, plans and programmers, National health policy, National Population policy, National Health and welfare Programmers, National Health goal/ indicators/ Millennium developmental goals (MDG)/ Strategies. • Planning process: Five year plans, National Rural Health Mission. 	- Lectures - Group discussion - Seminars	- Written test - Presentations - Class participation
Unit - II	20	Explore principles, theories, and roles in community health nursing practice.	Community Health Nursing: <ul style="list-style-type: none"> • Philosophy, Aims, Objectives, Scope, Principles, Functions, Community Health Nursing Theories. • Quality Assurance: Community Health Nursing standards, competencies, Monitoring community health nursing, nursing audits, Health assessment- Individual , group and community • Roles and responsibilities of community health nurse, Family nursing and Family health centered nursing approach. 	- Case studies - Field visits - Demonstrations	- Practical exams - Case reports - Viva voce

			<ul style="list-style-type: none"> • Nursing care for special groups: children, adolescents, adults, women, elderly, physically and mentally challenged- Urban and rural population at large, Community diagnosis, setting objectives. • Intervention: Micro and nursing plans, operationalisation and evaluation: • Concept, role and responsibilities of community health nurse practitioners- decision making skills, follow nursing practice standards, advanced nursing practice, professionalism, legal. 		
Unit - III	10	Gain knowledge of IEC principles, media tools, and health communication.	Information, Education and Communication <ul style="list-style-type: none"> • IEC: Principles and strategies, Communication skills • Management information and evaluation system: Records and report • Information technology, Tele-medicine and Tele-nursing. • Journalism, Mass media, Folk media. 	<ul style="list-style-type: none"> - Role play - AV aids - Projects 	<ul style="list-style-type: none"> - IEC material development - Quiz - Assignments
Unit IV	10	Understand epidemiological principles and approaches to disease control.	Epidemiology: <ul style="list-style-type: none"> • Introduction – Concepts, scope, definition, trends, History and development of modern epidemiology, Contribution of epidemiology, Implications, Epidemiological methods, Measurement of health and disease. • Health policies. Epidemiological approaches: Study of disease causatives, health promotion, Levels of prevention. Epidemiology of communicable diseases and non communicable diseases. 	<ul style="list-style-type: none"> - Charts - Field data collection - Group assignments 	<ul style="list-style-type: none"> - Logbook - Written test - Report writing

			Emerging and re emerging disease epidemics. National Integrated disease Surveillance Programme. Health information system. Epidemiology study and reports. Role of community health nurse.		
Unit V	10	Identify and discuss major health concepts, technologies, and environmental health.	Health <ul style="list-style-type: none"> • Concepts, Issues, Determinants, Measurements. • Alternate system for health promotion and management of health problems. • Recent Health technology • Health economics, Health technology, Genetics and health, Waste disposal, Eco system. 	- Lectures - Group work - Expert talks	- MCQs - Short answers - Presentation
Unit VI	10	Describe school health services and nurse's role in promoting school health.	School Health <ul style="list-style-type: none"> • Introduction: Definition, concepts and objectives Health assessment, screening, identification, referral and follow up. Safe environment. Services, programmes' and plans – first aid, treatment of minor ailments. Intersectoral coordination. Adolescent health. Disaster: Preparedness and management. School health records: maintenance and its importance. Role and responsibilities of community health nurse. 	- School visits - Simulation - Chart making	- Observation checklist - Project report - Oral quiz
Unit VII	10	Understand concepts and types of rehabilitation and the role of nurses.	Rehabilitation: <ul style="list-style-type: none"> • Introduction: Concept, principles, trends and issues. Rehabilitation team, Modes and methods, Community based rehabilitation. Ethical issues. 	- Guest lectures - Community interaction - Counseling	- Case studies - Practical assessments - Written test

			Rehabilitation council of India. Disability and rehabilitation – Use of various prosthetic devices. Psychological Rehabilitation, Rehabilitation of client with chronic disease conditions. Restorative rehabilitation, Vocational rehabilitation. Role of voluntary organizations. Guidance and counseling, Welfare measures. Role and responsibilities of community health nurse	role-play	
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COMMUNITY HEALTH CARE NURSING – II

Theory: 80 hours

Lab: 20 Hours

Practical: 300 hours

Unit	Hours	Learning objectives	Content	Teaching Learning Activity	Assessment Methods
Unit-I	10	Understand occupational health trends, risks, and legislation.	Occupational Health: <ul style="list-style-type: none"> Introduction: Trends, issues, definition, aims, objectives, workplace safety. Ergonomics and ergonomic solutions. Occupational environment – Physical, social, decision making, critical thinking. Occupational hazards for different categories of people- physical, chemical, biological, mechanical, accidents. Occupational diseases and disorders. Measures for health promotion of workers: prevention of occupational diseases, disability limitation and rehabilitation. Women and 	- Lectures - Field visits - Group discussions	- Case studies - Written test - Project work

			<p>occupational health. Occupational education and counseling. Violence at work place. Child labour. Disaster preparedness and management. Legal issues: Legislation, Labour Unions, ILO and WHO recommendations, Factories Act, ESIS Act. Role of community health nurse and occupational health team.</p> <ul style="list-style-type: none"> ● Recognize the role of orthopedic nurse practitioner and as a member of orthopedic and rehabilitation team. ● Teach orthopedic nursing to undergraduate students and in service nurses ● Prepare a design and layout of orthopedic and rehabilitation units 		
Unit-II	10	Gain insight into mental health care in the community.	<p>Community Mental Health</p> <ul style="list-style-type: none"> ● Magnitude, trends and issues. National Mental Health Program- Community Mental Health Programme. The changing focus of care. The Public Health model. Case management: Collaborative management. Crisis intervention. Welfare agencies. The community as a client: Primary prevention, Population at risk, Secondary prevention, Tertiary prevention. Community based rehabilitation. Human rights of mentally ill. Role of community health nurse. 	<p>- Case presentations</p> <p>- Role play</p> <p>- Community surveys</p>	<p>- Written exam</p> <p>- Presentations</p> <p>- Reflective journal</p>
Unit -	10	Understand	Population Dynamics and Control:	- Data	- Quiz

III		population dynamics and control methods.	<ul style="list-style-type: none"> • Demography, Transition and theories of population, National population policy, National population programmers. Population control and related programmers, Method of family limiting and spacing • Recent advancement of contraceptive Method • Research, Census, National Family Health Survey. 	analysis - Group discussion - Seminar	- Short answer test - Data interpretation
Unit-IV	5	Learn about national health and welfare programs.	National Health and Family welfare programmers: <ul style="list-style-type: none"> • Objectives, Organization/manpower/resources, Activities, goals, Intersectoral approach, item/purpose, role and responsibilities of community health nurse: Maternal and neonatal care • Ayushman Yojana • National Vector Borne Disease Control Programme, National Filaria control programme • National Leprosy eradication programme, Revised National TB control programme, National programme for control of Blindness, National Iodine Deficiency control programme, National Mental Health Programme, National AIDS control programme, National Cancer control programme. 	- Poster presentation - Lectures - Program analysis	- MCQs - Presentations - Assignment
Unit-V	5	- Concepts, inequities - Evidence-based	IMNCI (integrated management of neonatal and childhood illnesses): <ul style="list-style-type: none"> • Integrated management of neonatal and childhood illness, 	- Clinical demonstration - Simulation	- OSCE - Logbook - Practical

		<p>approach</p> <ul style="list-style-type: none"> - Assessment & treatment of infants/children - SBA role 	<p>Concept, inequities in the Indian situation.</p> <ul style="list-style-type: none"> • Rationale for evidence-based syndrome approach, Components of the integrated approach. • Principles of integrated care, The IMNCI case management process, Outpatient management of young infants. • Learning objectives, Assessment of sick young infants, Treatment of sick young infants. • Outpatient management of children, Age 2 month to 5 years, Assessment of sick children • Checking main symptoms- Cough or difficult breathing, Diarrhea, Fever, Ear problem, malnutrition, anemia immunization etc., Assessing other problems Treatment of sick children, Principles of management of sick children in a small hospital. • Skilled Birth Attendant (SBA) 	<p>- Chart making</p>	<p>exam</p>
Unit-VI	10	<p>Learn disaster preparedness and nursing response.</p>	<p>Disaster Nursing:</p> <ul style="list-style-type: none"> • Introduction: Concept, Definition. Types of disaster • Phases of disaster • Disaster management: Disaster response, disaster preparedness, and disaster mitigation • Epidemiological surveillance and disease control. • Team approach • Intersectoral approach: Vaccination, nutrition, and rehabilitation. • Role of NGO • . State and central Govt. 	<p>- Disaster drill</p> <p>- Mock sessions</p> <p>- Group activities</p>	<p>- Scenario-based assessment</p> <p>- Written test</p> <p>- Peer evaluation</p>

			<ul style="list-style-type: none"> International help and collaboration 		
Unit-VII	10	Understand geriatric care and rehabilitation in community.	Geriatric Nursing: <ul style="list-style-type: none"> Concepts, trends, problems and issues. Aging process and changes. Theories of aging. Health problems and needs. Psycho- physical stressors and disorders. Myths and facts of aging. Health Assessment. Rehabilitation of elderly. Care of elderly. Elderly abuse. Training and supervision of care givers. Government welfare measures- programmers' for elderly and role of NGOs. Role and responsibilities of Geriatric nurse in the community 	<ul style="list-style-type: none"> Elder interviews Role play Health camps 	<ul style="list-style-type: none"> Case studies Viva voce Journal entries
Unit-VIII	5	Analyze health care delivery in urban and rural settings.	Health care delivery system: urban and rural: <ul style="list-style-type: none"> Functions, staffing, and pattern of assistance, layout, drugs, equipments and supplies: Village, Sub-centre, Primary health centre, Community health centre, district hospitals, sub-divisional hospitals, district family welfare bureau and tertiary care institution. <p>Critical review of functioning of various levels , evaluation studies, recommendations and nursing perspectives</p> <ul style="list-style-type: none"> Alternative system of medicine. Training and supervision of health workers. Health agencies: Roles and functions, Intersectoral coordination, 	<ul style="list-style-type: none"> Field visits Evaluation study Panel discussion 	<ul style="list-style-type: none"> System analysis report Written test Observation checklist

Unit-IX	10	Explore international health systems and cooperation.	International Health: <ul style="list-style-type: none"> Global burden of disease. Global health rules and halt disease spread. Global health priorities and programmers. International quarantine, Health tourism, International cooperation and assistance. International travel and trade. Health and food legislation, laws, adulteration of food. Disaster management. Migration. International Health agencies: World Health Assembly. International health issues and problems. International nursing practice standards. International health vis national health. International health days and their significance 	- Case comparison - Debate - WHO resource use	- Essay - MCQ - Poster
Unit-X	5	Learn health education and administrative roles.	Education and Administration: <ul style="list-style-type: none"> Quality assurance. Standards, protocols, Policies and procedures. Infection control: standard safety measures. Nursing audit. Design of sub centre, primary health centre and community health centre. Staffing, supervision and monitoring performance. Budgeting. Material Management. Role and responsibilities of different categories of personnel in community health. Referral chain, community outreach services. Transportation. Public relation 	- Management games - Budget planning - Audit exercises	- Practical exam - Written test - Performance evaluation

Research Activity:

An independent research is to be carried out by the student.

ESSENTIAL COMMUNITY HEALTH CARE NURSING SKILLS

Essential community health nursing skills include a blend of clinical, communication, and public health abilities tailored to serve individuals, families, and communities.

1. **Assessment Skills**
 - Conducting community health needs assessments
 - Identifying risk factors and health trends
2. **Health Education and Promotion**
 - Educating individuals and groups on healthy behaviors
 - Designing and implementing health promotion campaigns
3. **Communication and Interpersonal Skills**
 - Building trust with diverse populations
 - Effectively communicating with clients, families, and other professionals
4. **Cultural Competence**
 - Respecting and understanding cultural differences in health practices
 - Delivering care that is sensitive to cultural needs
5. **Case Management and Coordination**
 - Connecting clients to resources and services
 - Collaborating with healthcare teams and social services
6. **Advocacy**
 - Promoting equitable access to healthcare
 - Supporting policies that improve public health
7. **Disease Prevention and Surveillance**
 - Monitoring outbreaks or health threats in the community
 - Participating in immunization and screening programs
8. **Home Visiting and Community Outreach**
 - Providing care in patients' homes
 - Reaching underserved or vulnerable populations
9. **Emergency Preparedness**
 - Responding to public health emergencies and disasters
 - Educating the public on emergency readiness
10. **Documentation and Reporting**
 - Maintaining accurate health records
 - Reporting data to health authorities

Procedure assisted in community health nursing

Here are **procedures assisted by community health nurses**—these are procedures they help with, often under supervision or in coordination with other healthcare professionals:

1. **Childbirth (Normal Delivery Assistance)**
 - Assisting midwives or doctors during home deliveries or in health centers.
2. **Minor Surgical Procedures**
 - Assisting in wound suturing, incision and drainage, or abscess care.
3. **Health Camps**
 - Helping doctors during general medical, dental, or eye camps organized in the community.
4. **School Health Programs**
 - Assisting in physical examinations, deworming, and health screening.
5. **Mass Immunization Campaigns**
 - Helping in organizing, crowd control, registration, and post-vaccination observation.
6. **Nutritional Rehabilitation Programs**
 - Supporting dietitians in feeding malnourished children and educating caregivers.
7. **Antenatal Clinics**
 - Assisting doctors in routine checkups, urine testing, hemoglobin testing, and immunization of pregnant women.
8. **Family Planning Services**
 - Supporting procedures like IUD insertion, tubectomy or vasectomy camps.
9. **Health Surveys and Data Collection**
 - Assisting public health officers during community-based research or surveys.
10. **Disaster Relief and Emergency Services**
 - Assisting in triage, first aid, and logistics during community emergencies.

Procedure performed in community health nursing

Here are common **procedures performed in community health nursing**:

1. **Vital Signs Monitoring**
 - Checking temperature, pulse, respiration, and blood pressure during home visits or community clinics.
2. **Immunization Administration**
 - Giving vaccines to children, adults, and high-risk groups as part of national immunization programs.
3. **Wound Care and Dressing Changes**

- Cleaning and dressing wounds for patients at home or in outreach clinics.
- 4. **Family Planning Services**
 - Providing contraceptives, counseling, and referrals.
- 5. **Nutritional Assessment**
 - Measuring weight, height, and mid-upper arm circumference (MUAC) in children and pregnant women.
- 6. **Antenatal and Postnatal Care**
 - Checking pregnant women for signs of complications
 - Educating new mothers on baby care and breastfeeding
- 7. **Health Education Sessions**
 - Teaching about hygiene, sanitation, nutrition, and disease prevention in group or one-on-one settings.
- 8. **Screening Programs**
 - Checking for TB, hypertension, diabetes, and malnutrition in the community.
- 9. **Medication Administration**
 - Giving oral or injectable medications during treatment programs (e.g., DOTS for TB).
- 10. **Home Visits**
 - Assessing living conditions, providing care, and following up on treatment plans.

Signature of Resident/SNO