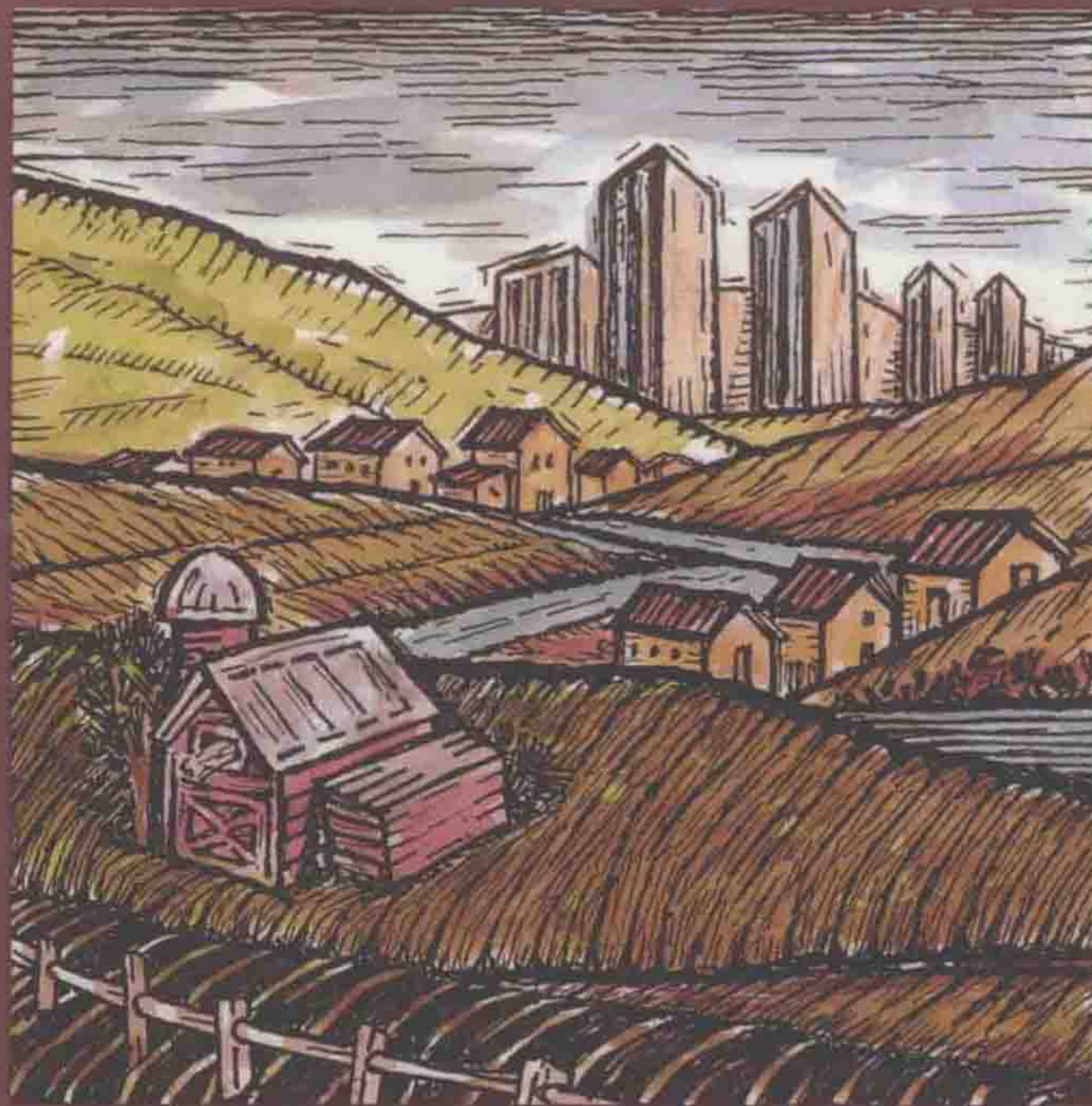


# COMMUNITY HEALTH NURSING

CARING *in* ACTION



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*Caring in Action*

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# PREFACE



**C**ommunity Health Nursing: *Caring in Action* is a comprehensive text designed for nursing students and practicing nurses to provide a foundation in community health nursing practice. This exciting new text prepares nurses to take advantage of the opportunities and challenges present when working in the community and the everchanging health care system.

Throughout history, community health nurses have been an integral part of health promotion and disease prevention activities as well as health care reform. With the evolving health care system and challenges that clients face in the community, the importance and necessity of community health nurses continues. There is growing awareness of the importance of strategies to promote health and prevent disease at global and national levels. More and more, there is an increasing need for nurses to care for clients in the community and provide them with services designed to promote, protect, and preserve their health. The importance of addressing aggregate needs through program planning in partnership with the community has emerged as a major strategy to improve the health of the community. With the increased complexity of health care, client advocacy is imperative.

With these issues and countless others encountered in today's world, the goals of this text are to provide a broad-based perspective of the many dimensions of community health and community health nursing.

## CONCEPTUAL FRAMEWORKS

*Community Health Nursing: Caring in Action* was written and designed with the reader in mind. The text builds on knowledge and skills common to all nurses, including nursing process, nursing theory, communication process, human development, and nursing care of individuals. It provides opportunities for the reader to critically apply the knowledge presented and to learn how to seek answers to questions that arise. The conceptual approach to this text is based on the following:

- *International perspectives* are interwoven as nursing is challenged to meet the health care needs of people, both nationally and internationally. It is no longer possible in today's world to look only at regional health concerns. A sense of global connectedness is necessary. The text includes contributors from Canada and Australia, countries with well recognized public and community health systems, to enhance an international perspective.
- *Caring frameworks* are used as a basis for practice. We believe that nursing and nursing education must focus on building caring environments to promote health and healing. Caring requires a partnership between students and faculty and with clients as well as other health care professionals. It requires respect for the student's ability to think and practice and respect for the client's right to make health decisions coupled with their capacity to make appropriate decisions when given adequate health related information.
- *Community and family concepts* are stressed throughout to prepare the student to work in the community with the family as a unit, not just with individuals within the family. Population-focused practice as well as multidimensional family dynamics and family aspects are emphasized throughout the text.
- *Alternative/complementary health practices* including healing modalities, energetic healing, visualization, and imagery are incorporated. The concept of mutual connectedness provides a framework for examining the nature of healing processes and outcomes.
- *Healthy People 2000 objectives* are discussed throughout the text.

## ORGANIZATION

**Unit I** introduces the student to the practice of community health nursing as a population-focused specialty, with a presentation of caring as central to practice and an overview of caring models. The historical perspective is discussed with an emphasis on health and healing.

**Unit II** highlights the many dimensions of the current



health care system including transformations and economic issues related to the health care system.

**Unit III** provides the foundations of community health nursing. Philosophical, ethical, cultural, spiritual, and environmental perspectives are explored as well as the many dimensions of caring communication, defined as teaching/learning and counseling/communication. Issues in health promotion and disease prevention are explored.

**Unit IV** focuses on caring for populations with an emphasis on the application of the nursing process at the community level. Aggregate populations are examined along with an exploration of population-focused practice and epidemiology as a public health science. Community assessment, program planning, implementation, and evaluation are discussed in detail. The roles of the community health nurse take many forms and these roles are examined and explained as well.

**Unit V** emphasizes caring for individuals and families in the community. Community health nurses work with families in their homes, schools, and other settings. The many aspects of the home visit are delineated and discussed. The growth and development of individuals from infancy through old age are examined. Because nurses work with individuals in all phases of the life cycle, they are expected to understand what is considered normal and recognize deviations from this pattern. Risk factors at each stage of development are emphasized. The multidimensional nature of families is explored through a discussion of frameworks for assessing families and family environments and an exploration of family functioning. The relationship of these matters to the health of the family is explored.

**Unit VI** deals with issues regarding the care of vulnerable populations, that is, those populations that are at high risk for health problems. Problems such as communicable disease, chronic illness, developmental disabilities, mental health problems, family and community violence, substance abuse, nutritional problems, homelessness, and rural health issues are discussed. These are all major health problems that the community health nurse deals with on a regular basis. Communicable disease, chronic disease and illness, and developmental disabilities have long been the focus of community health nursing. Mental health, substance abuse, family violence, and homelessness are community health problems that the community health nurse must also address because of the magnitude in the community. Nutrition is a core element in health, yet nutritional problems have often been inadequately identified by nurses who can be overwhelmed by the client's more acute health concerns. Rural health needs continue to challenge the resources of community health nurses.

**Unit VII** addresses issues of health care delivery worldwide. National and international health perspectives are discussed. Global health care delivery issues are explored.

Also addressed in this unit are public policy issues and the related concerns of power and politics in health care and health care delivery systems. It is imperative in today's and tomorrow's world of health care that all nurses understand and participate at these levels.

The final chapter, Chapter 32, provides a vision for community health nursing practice to consider. We have addressed the present needs of community health nursing and at the same time, envisioned the future of community health and the nurse's role within it.

## SPECIAL FEATURES

There are numerous special features in *Community Health Nursing: Caring in Action* designed to stimulate critical thinking and self-exploration, and to encourage readers to synthesize and apply critical knowledge presented in the text:

**Reflective Thinking** boxes encourage readers to examine their own personal views on given topics in order to identify their own thoughts and feelings, and to understand the varying viewpoints they may encounter in clients and coworkers. These boxes are designed to encourage reflection on an issue from a personal context, to raise awareness, and to stimulate critical thinking and active problem solving.

**Decision Making** boxes encourage the reader to develop sensitivity to ethical and moral issues and guide the reader to think critically in community health nursing practice and be active in problem solving.

**Research Focus** features outline findings from current research and offer discussions of their impact on nursing practice.

**Perspectives** offer community health insights from the perspective of nursing students, faculty, practicing nurses, and clients. This true-life feature allows the reader to see the types of issues, experiences, and people encountered while practicing in the community.

**Community Nursing View** features real-world scenarios to help the reader make the connection between theory and practice more easily. This feature offers critical thinking questions that allow the reader to assess and act within the nursing environment while reinforcing knowledge of the nursing process in assessing, diagnosing, identifying outcomes, planning care, performing interventions, and evaluating the outcomes of the care.

## EXTENSIVE TEACHING AND LEARNING PACKAGE

### Classroom Manager

This comprehensive, resource-packed CD-ROM includes:



## Conversion Grids

- **Conversion Grids** are provided for the major published community health texts to make your transition to Hitchcock, Schubert, Thomas/*Community Health Nursing: Caring in Action* smooth.

## Instructor's Manual

- **Key terms and definitions** are listed by chapter to create a comprehensive glossary.
- **Instructional strategies** center on the competencies presented in each chapter and include 3 to 5 questions for the instructors to pose to students to pique their interest. These strategies also include possible answers.
- **Case Study/Theory Application** feature includes community health scenarios that allow the student to apply theory and offer the instructors helpful hints to

stimulate discussion, individual exercises, group exercises, and Internet activities to reinforce the theory application.

- **Suggested answers** to the decision-making type questions presented in the Community Nursing View feature of the text.

## Computerized Testbank

- Electronic testbank in IBM format includes 800 NCLEX-style questions.
- Electronic gradebook automatically calculates grades, tracks student performance, prints student progress reports, organizes assignments, and more to simplify administrative tasks.
- On-line testing feature of the computerized test bank allows exams to be administered on-line via a school network or stand-alone PC.





# ACKNOWLEDGMENTS

**T**he authors wish to acknowledge the many people who have been a part of the creation of this textbook. Those who have contributed chapters have worked unstintingly to share their expert knowledge in exceptionally well written manuscripts. Their endeavors reflect a vision of the future of nursing and an enthusiasm and pride in the profession.

Students and colleagues have greatly enriched the book through generous contributions of their own clinical and personal experiences. These offerings have significantly helped to make the chapters come alive and give life to the theories and concepts presented in the text. The nursing faculty at Sonoma State University have been very understanding of our sometimes harassed states and enthusiasm about our project. They have always been available to help whenever we have needed it.

Many thanks and deep appreciation to Dr. Harriett Lionberger, who edited several chapters that needed significant revisions, illuminating the essential meaning of the chapters. We want to thank Gini Longhitano who, out of friendship, answered a multitude of phone calls and conveyed many messages, often unintelligible to her, when we were not available. We would also like to thank Dr. Barbara Place from Melbourne, Australia, Fellow of the Royal College of Nursing, Australia, for her ongoing support of our efforts to increase the international focus in this text. She was consistently available to share her valuable ideas in a variety of ways.

The staff at Delmar have been consistently encouraging and supportive when, at many points, we were not sure we could complete the daunting tasks of developing a textbook. They always came through with ideas and resources when they were needed. We would like to particularly thank Holly Skodal Wilson who introduced us to the idea of sharing our thoughts about community health nursing with a larger audience. Beth Williams, editor, helped launch us on our way. Beth's direction was consistently helpful.

Cathy Esperti, editor, and Marah Bellegarde, developmental editor, have taken us to the completion of this project, and have dealt with the many issues and concerns that arise as work comes to a close with graciousness and patience. Darcy Scelsi, Sandy Woods, Jay Purcell, Christopher Leonard, and Gail Farrar have been invaluable. They were always happy to answer our many questions and were quick to return phone calls and e-mails, something that we valued highly.

We especially want to thank all our reviewers, whose comments were invariably helpful and who often enlightened us with different perspectives which added considerably to the final outcome of the text.

Finally, we apologize if we have missed anyone. It was not intentional. We have valued everyone who has contributed to this project in any way. Without you, we would never have made it.



# ABOUT THE AUTHORS



**J**anice E. Hitchcock received her diploma in nursing from New England Deaconess Hospital, Boston, Massachusetts. She obtained her Baccalaureate degree from Simmons College, Boston, Massachusetts, her Master's degree in psychiatric-mental health nursing/community health nursing, and her Doctorate in Nursing Science from the University of California, San Francisco. Dr. Hitchcock is a licensed Marriage, Family and Child Counselor (MFCC) and, while continuing to teach, she also maintained a private practice in individual, couple, and family therapy for 15 years. She is currently a Professor and Associate Director in the Department of Nursing at Sonoma State University, Rohnert Park, California.

Dr. Hitchcock has worked in and taught psychiatric-mental health nursing and community health nursing for nearly four decades. She also teaches communication theory, human sexuality, and family theory. She was a founding faculty member of the Second Step nursing program at Sonoma State University in 1972. This program was the first of its kind to be accredited by the National League for

Nursing. More recently, she helped to initiate a basic Baccalaureate program at the same University.

Since the early 1980s she has taught a general education course in human sexuality that is well received by students from all disciplines. She has a special interest in gay health care and has worked with Master's degree students in the nursing department and throughout the country who have replicated her doctoral research in which she developed a basic social process called "Personal Risking." This process evolved from a grounded theory analysis of interviews with lesbians in the San Francisco Bay Area regarding their decision-making process of self-disclosure of their sexual orientation to health providers.

Dr. Hitchcock has a number of publications to her credit and is a member of several professional organizations, including the American Nurses Association, American Public Health Association, American Association of Sex Educators, Counselors, and Therapists, American Association of Marriage and Family Therapists, and the Society for the Scientific Study of Sex.





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Dr. Schubert's career in nursing has spanned the field of nursing and has included medical-surgical nursing, long-term care, school nursing in elementary and secondary schools in programs for migrant and learning disabled children, and in-patient psychiatric evaluation and care of children. She has served on nursing faculties while teaching community health nursing, nursing theory, communication skills, and holistic nursing approaches at California State University, Fresno, and Sonoma State University in Rohnert Park, California. Since retiring from the California State University System, she co-founded Nursing Therapeutics Institute in Cotati, California, an

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She has been practicing and teaching Therapeutic Touch (TT) for over 20 years, and is recognized as a qualified teacher of TT by the Nurse Healers—Professional Associates, Inc. and is thus a member of the Therapeutic Touch Teachers Cooperative. She is certified by Jin Shin Jyutsu, Inc. of Scottsdale, AZ to practice Jin Shin Jyutsu® (JSJ) and to teach JSJ self-help classes; and is certified by the Academy for Guided Imagery of Mill Valley, CA to practice Interactive Guided Imagery. She currently holds membership in the American Nurses Association/California, the Society for Rogerian Scholars, Nurse Healers—Professional Associates, Inc., the International Association of Interactive Imagery<sup>SM</sup>, and the National Health Ministries Association. She is especially interested in the area of spiritual health, the role of the parish nurse, and developments within the field of parish nursing.





**S**ue A. Thomas received her Baccalaureate degree in nursing at University of California, San Francisco, attending both University of California, Berkeley and University of California, San Francisco. Her Master's degree in community health nursing, with a focus on administration and supervision, was obtained from Boston University School of Nursing. A Doctor of Education in Organization and Leadership was received from the University of San Francisco.

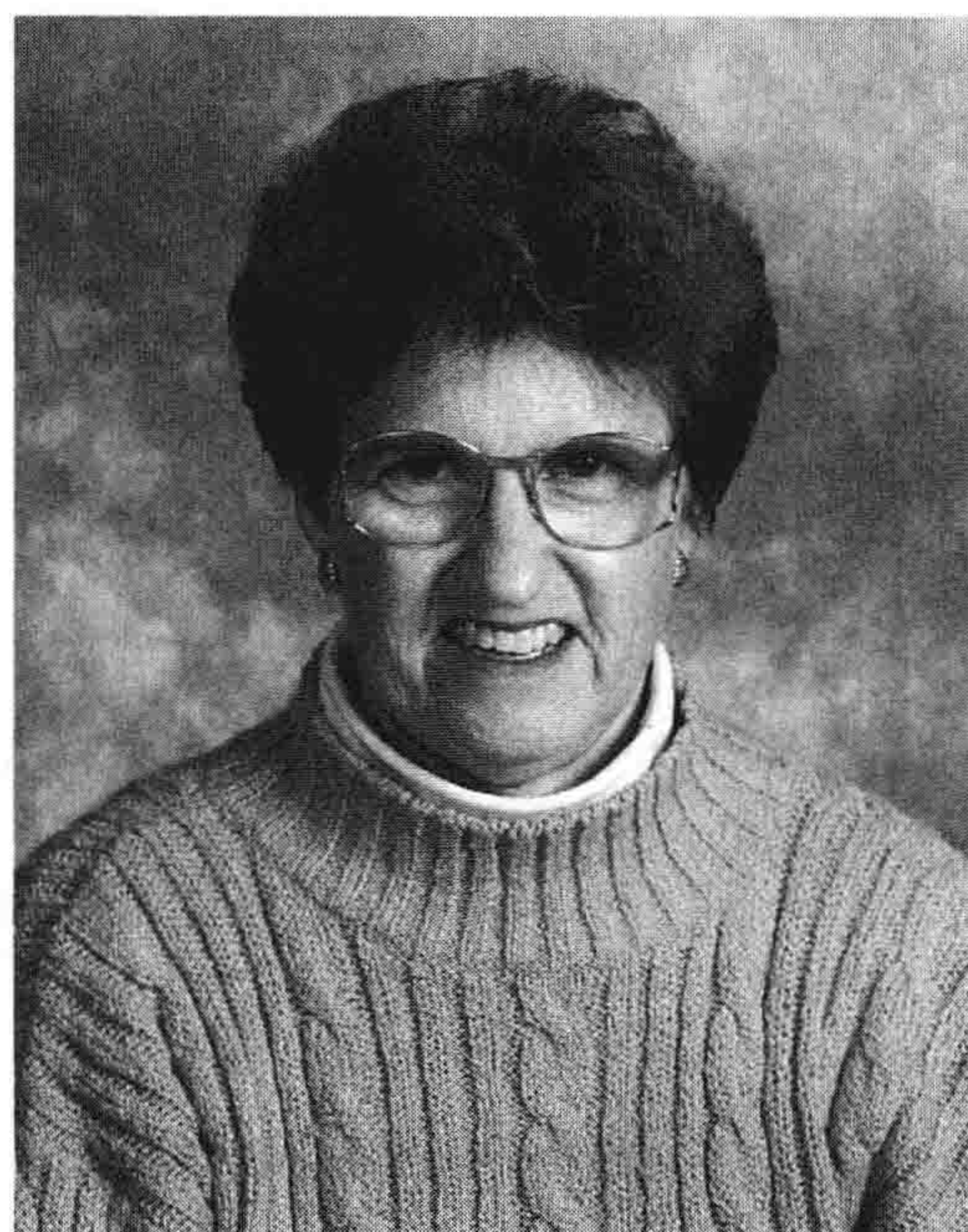
Dr. Thomas' professional career in nursing has included a variety of experiences both in the USA and in Australia. Her clinical practice in San Francisco included a variety of areas: medical-surgical nursing, public health nursing in San Francisco's multicultural communities, school nursing within the context of public health nursing, and supervision of staff in public health nursing. She is a professor of nursing who has been responsible for coordinating the community health nursing program at Sonoma State University in California, teaching both community health nursing theory and clinical courses. She has also taught graduate courses in leadership and management as well as graduate and undergraduate research, and has recently served as Graduate Coordinator. Prior to teaching at Sonoma State University, Dr. Thomas taught community health nursing theory and practice at San Francisco State University.

One of Dr. Thomas' major interests is international health and international nursing. She has also taught in Australia, primarily in the Melbourne area, at La Trobe University School of Nursing. She was a Visiting Fellow at the Royal Melbourne Institute of Technology School of Nursing (formerly Phillip Institute of Technology) in Mel-

bourne. In addition, she served as nursing consultant in a variety of capacities, one of which was Curriculum Consultant at Deakin University (formerly Victoria College). In addition to teaching and consulting in Australia, Dr. Thomas was the International Coordinator of the 1992 International Caring Conference held in Melbourne, Australia—co-sponsored by the International Association for Human Caring and the Royal College of Nursing Australia, with nurses from 14 countries represented. She was one of the charter members of the International Association for Human Caring, having served for a number of years in the 1990s on the Board and as a Board Officer. Dr. Thomas is currently a member of the Editorial Review Board for the *International Journal for Human Caring*.

In addition, Dr. Thomas has participated as a co-investigator in a collaborative research team since the early 1990s, most recently having completed a cross-national study focused on care delivery patterns. Three earlier studies were published in refereed journals. The cross national study was presented at the Sigma Theta Tau, Int. International Research Congress in Utrecht Netherlands, July 1998.

Dr. Thomas is also especially interested in the delivery of care to vulnerable populations, the emerging field of parish nursing, and the study of caring worldwide. She currently serves on the Advisory Council for a Nursing Center designed to meet the needs of the homeless and near homeless in an Interfaith Council Agency in the NorthBay region in California. Dr. Thomas is currently a member of the American Public Health Association, Sigma Theta Tau, Int., the International Association for Human Caring, and the American Nurses Association/California.







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