

The Practice of Community Nursing in Indonesia



Presented by: Nina Dwi Lestari,
S. Kep, Ns., M.Kep.,
Sp.Kep.Kom

Background

- Opportunity and challenges in nursing are boundless and rapidly changing.
- A nurse entering this field will encounter the complex challenge of working with populations rather than just individual clients
- There is the challenge of expanding nursing's focus from the individual and family to encompass communities and the opportunity to affect health status of populations.

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- There also is the challenge of determining the needs of populations at risk and the opportunity to design interventions to specifically address their needs.
 - There is the challenge of learning the complexities of a constantly changing health care system and the opportunity to help shape service delivery

Theory & Concept of Community Nursing

- Understanding about theory & concept of community nursing is provide the foundation for understanding community health
- Theory and concept of community nursing as a broader aspect to improve the quality of nursing practice.
- It can be a guide practice best to achieves the goals.
- Theory based practice guides data collection and interpretation in a clear and organized manner; therefore it is easier for nurse to diagnose an address health problems (Chin and Kramer, 2008)

The Concept of Community

- Provide the foundation for understanding community health.
- The term of “**community**” refers to a collection of people who interact with one another and whose common interests or characteristics form the basis for a sense of unity or belonging (Allender, Rector& Warner, 2014).

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- The function of any community includes its members' collective sense of belonging and their **shared identity, values, norms, communication, and common interests and concerns** (Anderson & McFarlane, 2012).
 - It can be a society of people holding **common rights and privileges** (e.g., citizens of a town), sharing common interests (e.g., community of farmers), or living under the same laws and regulations.

The Concept of Community Health Nursing

- The term of **community health nursing** and **public health nursing** are often used synonymously or interchangeably.
- **ANA (1980): “Community health nursing”** as the synthesis of **nursing practice and public health practice** applied to promoting and preserving the health of populations.
- This viewpoint noted that a community health nurse directs care to **individuals, families, or groups**; this care, in turn, contributes to health of the **total population**.

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- ANA (2013): “**Public health nursing**” is defined as “the practice of promoting and protecting the health of populations using knowledge from nursing, social and public health sciences (ANA/APHA).
 - ANA (2013) elaborated by explaining that public health nursing practice is “population focused, with the goals of promoting health and preventing disease and disability for all people through the creation of conditions in which people can be healthy”.

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- Some nursing writers will continue to use community health nursing as a global or umbrella term and public health nursing as a component or subset. Others, as stated; use the terms interchangeably.

Nursing Theories in Relation to Community Health Nursing

1. Neuman's System Model

- Nursing is complex and comprehensive.
- It's need a broad and flexible structure. Neuman system model look at the community as a client system. Client as system with interaction of five subsystem, consist of bio-psycho-socio-cultural and spiritual. Client system including individual, family, aggregate and community.

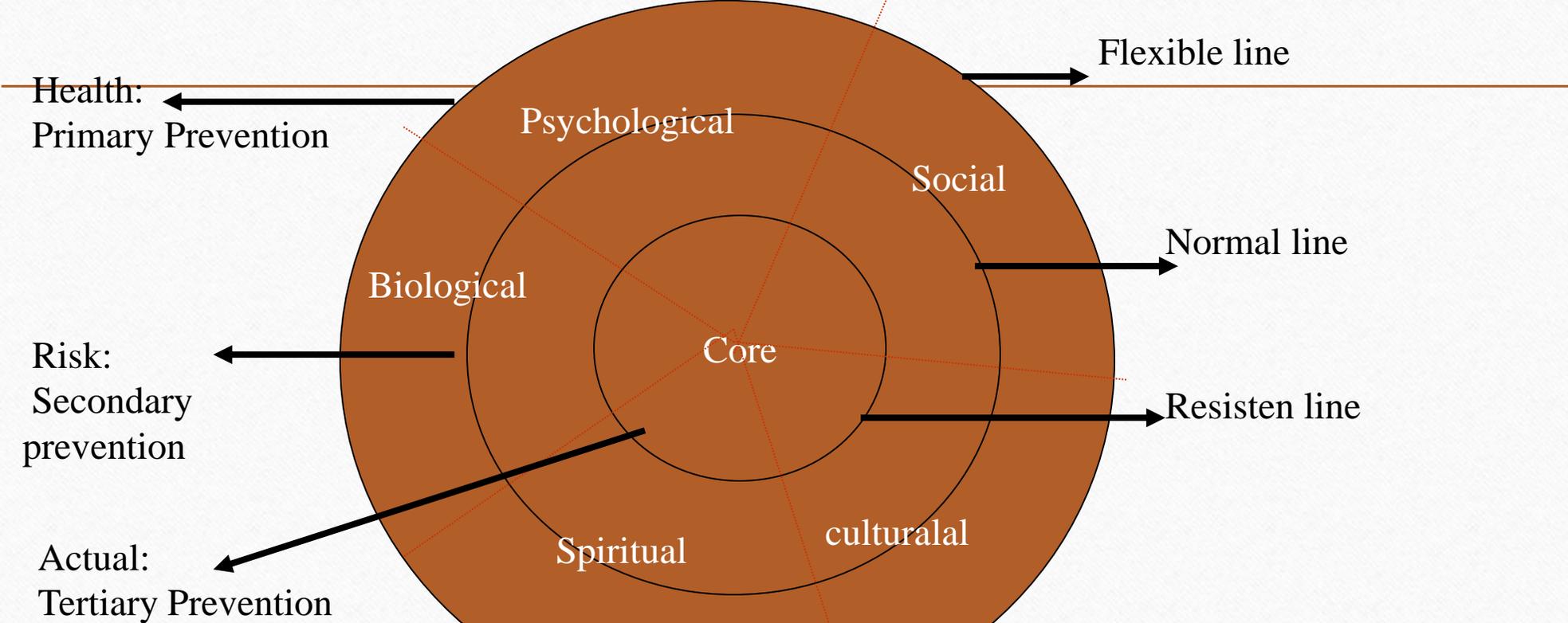
- Client system as “**concentric ring**” consist of three defense lines:

1. *Flexible lines of defense*: describes the exchange energy with the environment

2. *Normal lines of defense*: describes the health level of the client system

3. *Resistant of lines*: describes a supporting factors of defense line and protect basic structure of the client system

Betty Neuman's Model:



This theory/Model as CHN framework

2. Community as a Partner Model's

- The *community as a client model* based on Neuman's model was developed by Anderson and McFarlane to illustrate the definition of public health nursing
- The model has been renamed *community as partner model* to emphasize the underlying philosophy of primary health care.

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- There are two central factor in community as a partner model:
 1. focus on the community as partner (represented by the community assessment wheel at the top, which incorporates the community's people as the core and their subsystem)
 2. the use of the nursing process.

The core of the assessment wheel represents the people who make up the community. **Included demographics of the population as well as their values, beliefs and history**

- **These subsystems are**

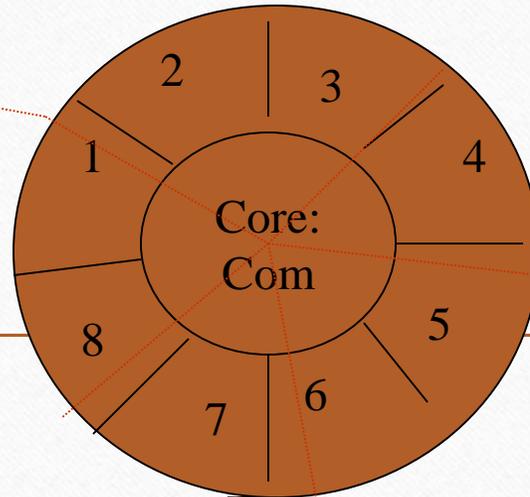
1. physical environment,
 2. education,
 3. safety and transportation,
 4. politics and government,
 5. health and social services,
 6. communication,
 7. economics
 8. recreation.
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- In community as a partner also have 3 lines of defense like the Neuman's system model.
 - In this model also explain about stressor. *Stressor* are tension-producing stimuli that have the potential of causing disequilibrium in the system. They may originate outside the community or inside the community.
 - Stressor penetrate the flexible and normal lines of defense, resulting in disruption of the community strengths.

FRAMEWORK

Environment: Bio-Psycho-Socio-Cul-Spiritual

1 s.d 8 → *element that affect community (subsystems)*



Core: demographics of the population, values, beliefs and history

Entry point: Individu, Family, community

DIAGNOSIS

Kenyataan

PLANNING

Prevensi primer

Prevensi tersier

Prevensi sekunder

IMPLEMENTATION

EVALUATION

3. Helvie's Energy Theory

- based on systems theory and the underlying concept of energy as the capacity to do work.
- energy is used to mean activity and capabilities of communities and individuals
- The theory encompasses “*community subsystems such as health, education, and economic* as energy subsystems because of the work expended by both the provider and the recipient of services” (Helvie, 1998 at Ervin, 2002).

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- In this theory, the community population or human system is viewed as a changing energy field that both affects and is affected through exchanges with the other energies in the environment.
 - The exchanges may be internal as with air, water, food, services, and also external like state and national resources.

- The client: aggregates or community
 - The health focus: balanced or deficit energies
 - The goal: Maintain or regain and balance of energies
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Assess:

1. Community:
 - a. Balance
 - b. Deficit (resulting from past energy exchanges)
2. Energy exchanges:
 - a. Balance
 - b. Deficit
 - c. Basis for exchange

4. Epidemiologic Framework

- Epidemiology is a study of the distribution and determinant of diseases and injuries in populations (Thimreck, 1998 in Ervin, 2002).
- Epidemiology helps us to understand the multiple factors involved injury and disease, both communicable and chronic disease.
- One of the epidemiological framework is *triad epidemiological or epidemiologic triangle*.

5. The Integrative Model for Holistic Community Health Nursing (Laffrey and Kulbock (1999))

- expanded holistic nursing to the community as a client
- focus on any level, *individual, family, aggregate and community*, with awareness that each is part of unified whole (Laffrey & Kulbock, 1999)
- The model is based on two interrelated and continuous dimensions;

focus of care and client system

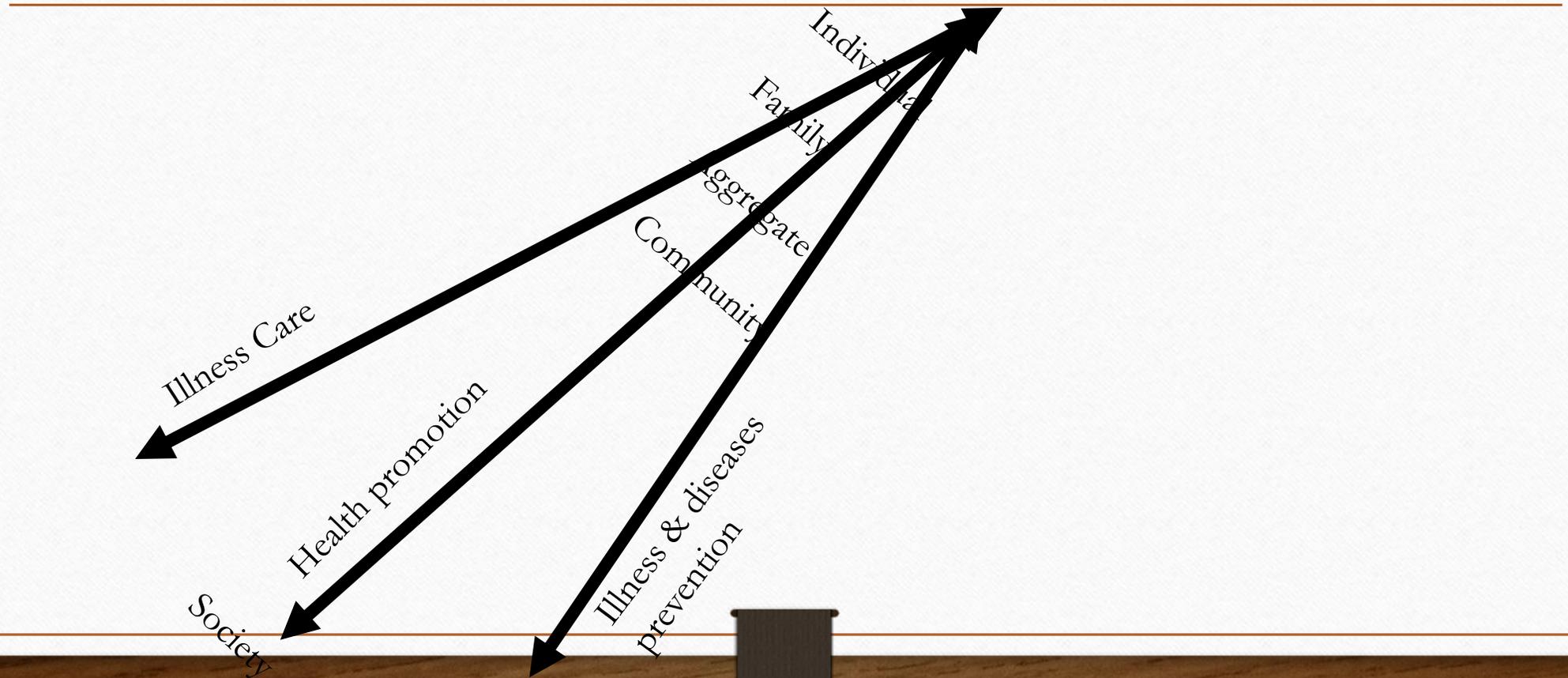
- **focus of care** include:

1. *health promotion;*
2. *illness, disease or disability prevention;*
3. *and illness care.*

Health promotion is the central focus of the model

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- **The client system** is continuous from the individual as client to the community as client.
 - In the integrative model, it is important to view the levels of clients as parts of the whole rather than viewing the specific part with which one is concerned as the whole system.
 - when working with an **individual**, the context or environment of care includes the **family, aggregate, and community**

Integrative Model for Holistic Community Health Nursing



Trend and Issue in Community Nursing

- Changing demographics, economic, technology, and research, affects in community health problem, planning and programming effort.
- Monitoring these changes is essential for a nurse to make a relevant and effective nursing services.
- There are many changes in community that are influenced the development of nursing practice in the community as a trend an issue that must be recognized by community nursing.

1. Advanced technology

- technologic innovation has greatly improved in health care, nutrition, life style and has caused increase in life expectancy
- social networking among user 50-64 years had increased from 25% to 42%. For those over 65% years of age, the percentage doubled from 13% to 26% (Pew Research Center, 2010).
- 80% of adult internet users have looked for health information online and 17% of cell phone owners have likewise used their phone to access health or medical information (The Pew Research Center, 2011)
- An increasing number of online websites provide inaccurate information and some cases are designed to defraud (Moore, 2005) or possibly harm those who access the website (Allender, Rector & Warner, 2014)

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- the risk of inaccurate information being disseminated
 - important to recognize that not all websites are reputable.
 - **It is critical for the community health nurse to check carefully any websites that are recommended for clients.**
 - Advanced technology has been a strong force behind industrialization, large-scale of employment and urbanization.
 - **Population density leads to many health related problems, particularly the spread of disease and increased stress**

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- Advanced technology in communication and computer technology can be used by community health nurses to produce innovation like telenursing, telehealth, and nursing informatics.
 - Community health nurses can use the advanced of technology as a part of media to spread health information to community to increase their health knowledge.

2. Changes in Education

- Education, is now considered a basic right and necessity for a vital society. When people's education level is increased, consequently the increased understanding of health usually is involved
- The increases of education level of community will increased the need for quality health services
- The increasing of education level of society, it is need for the nurse to update an education level

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- Community health nursing has always required a fair measure of **independent thinking**, community health nurses need skills in such areas as **population assessment, policy making, political advocacy, research, management, collaborative functioning, global health, human diversity, information and health care technology** (Callen et al, 2010 at Allender, Rector & Warner, 2014).
 - As the result of expanding education, community health nurses have had to **reexamine their practice, sharpen their knowledge and skills, and clarify the roles.**

3. Demographic Changes

- The changing role of woman and Women's Rights movement made considerable progress;
- Woman achieved the right to vote and greater economic independence by moving into the labor force
- The increasing of women entering employment opportunities can increasing poverty and family welfare, but as a negative effect, it can make some problematic in family context, like parenting problem, role performance, family process and relationship.

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- increasing population of elderly persons
 - Consequently, community health nurse direct an increasing of their effort toward meeting the needs of the elderly population and addressing chronic conditions
 - Services care for older adults like home care, **nursing home (long-term care), hospice care (multidisciplinary approach to end-of life care and needs) and respite care (time off nursing care for injured, ill or frail).**

4. Consumer Movement

- Consumer have become more aggressive in demanding quality services;
- they assert their right to be informed about services and to participate in decision making related to health.
- **Community health nurses should provide holistic care by collaborating with others to offer more coordinated, comprehensive, and case management approach.**

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- Is necessary for nurses to make some innovation in health care services.
 - Shifting the consumer needs which is not only in medical services but also caring or curing with complementary therapy, it needs for nurses to be able competence in this area.

5. Economic changes

- Changing economic like the increasing of unemployment, rising cost of living, increasing health care cost have affected the practice of community health nursing
- It can affected the limited access of health services especially for vulnerable population.
- The increasing number of population related to economic growth and poverty, can make the spreads of communicable disease

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- The increasing number of industry and factory can make a seriously health problem related to environment and work related disorder.
 - Limited budgeting for health promotion services which is more illness oriented rather than wellness oriented
 - forced the community nurse to optimize the budgeting for effective health promotion program.
 - community health nurses continuous to be resourceful in finding ways to foster the community's optimal health while adapting to changing economic conditions.

The Role of Community Health Nurse

1. Care giver

- Nurses in public health are direct primary caregivers in many situations.
- Healthy and illness population
- Nurses ensure that direct care services are available in the community for at **risk and vulnerable populations** by working with the community to develop programs that will meet the needs of those populations

2. Case manager

- Nurses use the nursing process of assessing, planning, implementing and evaluating outcomes to meet client's needs
- Good communication is needed in this aspect
- Case managers assist client in identifying and obtaining the services they need the most at the least cost.

3. Advocate

- As an advocate, the nurse **collects, monitors, analyzes data and discusses with the client which services are needed** and whether the client is an individual, family or a group
- The nurse and the client then develop the most effective plan and approach to take and the nurse helps the client implement the plan, so the client can become more independent in making decisions and obtaining the services needed.

4. Researcher and Innovator

- making sure that the nursing care given is based on evidenced-based practice.
- The nurse should make innovation in intervention based on evidence so can improving quality care.

5. Health Educator

- Nurses must maintain current information about health and social services available within the community
- The nurse educates clients to enable them to use the resources and to learn self-care.
- As educator, the public health nurse identifies community needs, develops and implements educational activities aimed at changing behaviors over time.

The Barriers of community health nursing related to practice

- Academic qualification
- Limited budgeting for health promotion program
- Illness oriented paradigm
- Less understanding nurse in theory n concept of nursing
- Increase in demanding quality services
- Language barrier facing cultural diversity and globalization

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Matur Nuwun