Other Settings of Public and Community Health Nursing Practice

The Nurse in Other Settings:
School Health Nursing

Goals and Objectives

Promotion, maintenance and protection of optimum state of health among school population so as to develop children physically, mentally and emotionally

Emphasis:

Health promotion and disease prevention

Components:

School health program; school health nurse; school-age child

Functions of the School Nurse

➢Conducts school health and nutrition survey

➢Performs health Assessment

➢Conducts standard vision testing for school children

➢Height and Weight Measurement and Nutritional Status Determination

➢Attendance to emergency cases

➢Student Health Counselling

➢Health and Nutrition Education Activities

Role of the Nurse

The role of the nurse relates with the phases of school health nursing:

- **School health services – early diagnosis, treatment and rehabilitation of defects; prevention of diseases**

- **Health instruction – promotion of positive health; awakening health consciousness in children**

- **Healthful school living – provision of healthful environment**

- **School-community linkage – developing networks in support of school health programs**

The Nurse in Other Settings: *Occupational Health Nursing*

Goals and objectives

- Promotion and maintenance of highest degree of physical, mental and social well-being of all workers in all occupation

- Prevention of disease caused by working conditions

- Protection of workers from risks resulting from factors adverse to health

- Placement of workers in an occupational environment adopted to their physical and psychological ability

Role of the Nurse

1. Provide primary clinic care

    - health education

    - emergency care

    - rehabilitation

    - preventive care (physical and medical examination, immunization, periodic screening)

2. Participate in epidemiologic investigation

Categories of Workplace Hazards

A. Physical Hazards- agents within the environment that may cause tissue damage or other physical harm (e.g. radiation, extreme temperature, noise, electric fields and the like.)

B. **Chemical Hazards-** various forms of either synthetic and naturally occurring chemicals in the work environment that may be potentially toxic or irritating to the body system through inhalation, skin absorption, ingestion or accidental injection. (e.g. mists, solvents, metals, pesticides, chemotherapeutic and antineoplastic agents, etc.)

C**. Biological Hazards-** these are agents such as viruses, bacteria, fungi, parasites that may cause infectious diseases via direct contact with infected individuals/animals, contaminated body fluids, object, surfaces. (eg. Self limiting infections, chronic hepatitis B)

Categories of Workplace Hazards

D. Mechanical Hazards- these are agents that may cause stress on musculoskeletal or other body system (e.g. inadequate work station and tool design, repeated awkward movements with hand-held tools, local vibrations

E. **Psychological Hazards-** these are often related to nature of the job, the job culture, and leadership and management styles. (eg. Interpersonal conflict, unsafe working conditions, overtime, sexual harassments, and the like.

The Nurse in Other Settings:
Community Mental Health Nursing

Goals and objectives
➡ Promote mental health
➡ Prevent mental illness
➡ Reduce stress of daily living

Role of the Nurse
➡ Assist in all kinds of primary socialization groups such as families, schools, work groups to

develop basic social competencies and problem-solving skills necessary to achieve satisfactory interaction and working relationship

MENTAL HEALTH

A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.

According to WHO,2020, mental health conditions account for > 16% of the global burden of disease and injury in people aged 10-19 years.

>Half of all mental health conditions start by 14 years of age but most cases are undetected and untreated.

>Globally, depression is one of the leading causes of illness and disability among adolescents. Suicide is the third leading cause of death in 15-19-year-olds

Most frequently reported symptoms of mental health problems

Excessive sadness

Confusion and forgetfulness

No control over the use of cigarettes

Delusions

Factors that contribute to mental health problems

- ➤ Drugs
- ➤ Alcohol
- ➤ Lack of education
- ➤ Poor nutrition

- ➤ Poverty
- ➤ Racial injustice
- ➤ Violence or war
- ➤ Work stress or unemployment

Promoting mental health across the lifespan

- Early childhood interventions
- Support to children
- Socio-economic empowerment of women
- Social support to old age populations
- Programmes targeted at vulnerable groups
- Mental health promotion activities in schools or workplace
- Violence prevention programmes
- Community development programmes

Promoting mental health in different settings

School-based population

- Physical education classes
- Provision of opportunities for creative expression
- Group work to encourage social interaction
- Use of reward system
- Educational field trips

Promoting mental health in different settings

School-based population

- Regular parent-teacher meetings
- Inviting parents to school events
- Celebration of Family Day in schools

Healthy School

Promoting mental health in different settings

School-based population

- Provision of sports and recreational facilities such as gyms, basketball/volleyball courts, track filed/oval
- Organizations such as dance troupes, choirs and glee clubs
- Sports tournaments
- Soirees and tea parties

Promoting mental health in different settings

School-based population

CHEERDANCE COMPETITION

ART STATION

Promoting mental health in different settings

Workplace Population

- Work policies
- Interpersonal relations
- Work environment

I ♥ my job

Promoting mental health in different settings

Community-based Population

- Building support groups
- Providing facilities for sports and recreation

Senior Citizens' Group

Promoting mental health in different settings

Community-based Population

Basketball courts in communities