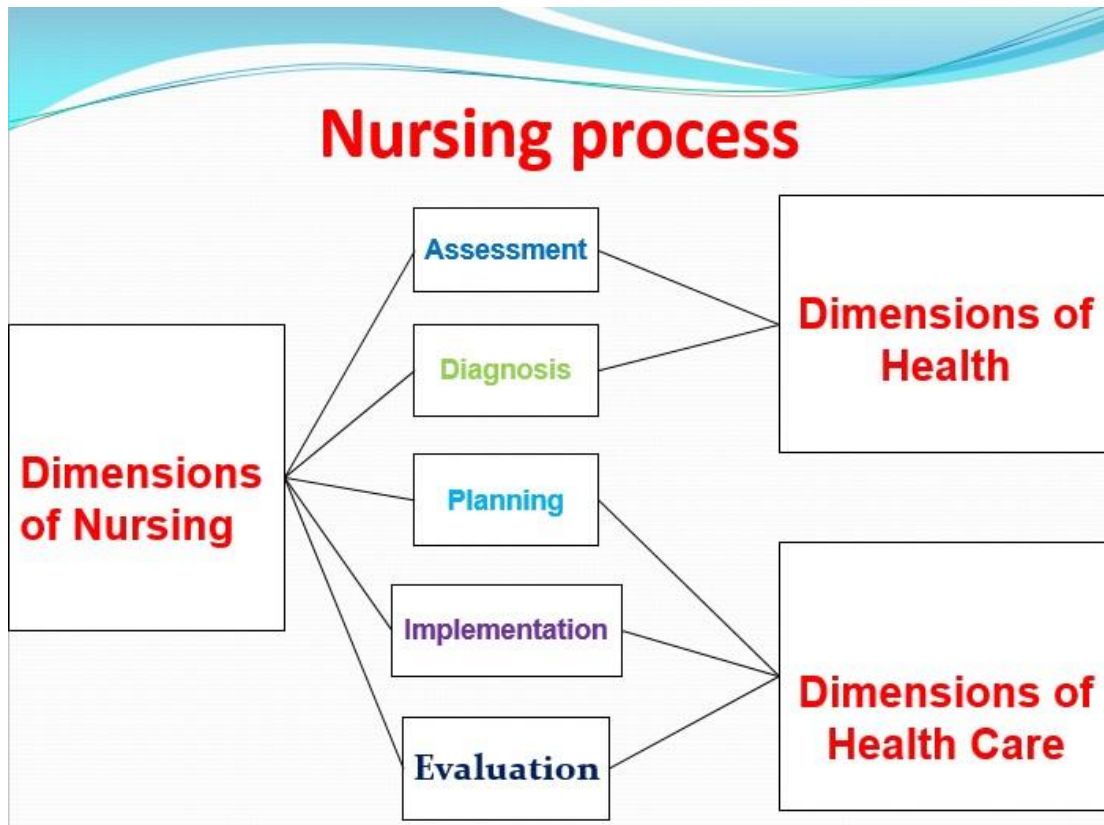


المحاضرة الثانية

Dimensions of Community Health Nursing



Dimensions of Health

The dimension consist of six categories of factors that can be used to organize health assessment

1-Biophysical dimension:

Includes factors related to human biology that influence health. These factors may be related to age and development level, genetic inheritance, and physiological function

2-Psychological dimension:

Internal and external psychological environments. Depression and low self-esteem are two factors in ones Internal psychological environment that contribute to variety of health problems, including suicide, substance abuse, family violence and obesity. External psychological factors can also influence the development of health problems.

3-Physical environment dimension:

The physical environment consists of weather, geographic locate, soil composition, temperature and humidity, and hazards posed by poor housing and unsafe working condition. Additional elements of physical environment that effect health include light and heat, exposure to pathogens, allergens, radiation, and noise.

4-Socio-cultural dimension:

Consists of those factors within the social environment that influence health, either positively or negatively. The element of the social structure such as employment, economics, politics, ethics, and occupation.

5-Behavioral dimension:

Consists of personal behaviors that either promote or impair health. Health related behaviors include dietary patterns, recreation and exercise, substance use and abuse, sexual activity, and use of protective measure.

6- Health system dimension:

The way in which health care services are organized and their availability, accessibility, affordability, appropriateness, adequacy, acceptability, and use influence the health of individual clients and population groups

Dimensions of Health Care

Focused on the Prevention. Actions aimed at eradicating, eliminating or minimizing the impact of disease and disability.

1-Primordial prevention:

Primordial prevention consists of actions and measures that inhibit the emergence of risk factors in the form of environmental, economic, social, and behavioral conditions and cultural patterns of living etc.

It is the prevention of the emergence or development of risk factors in countries or population groups in which they have not yet appeared

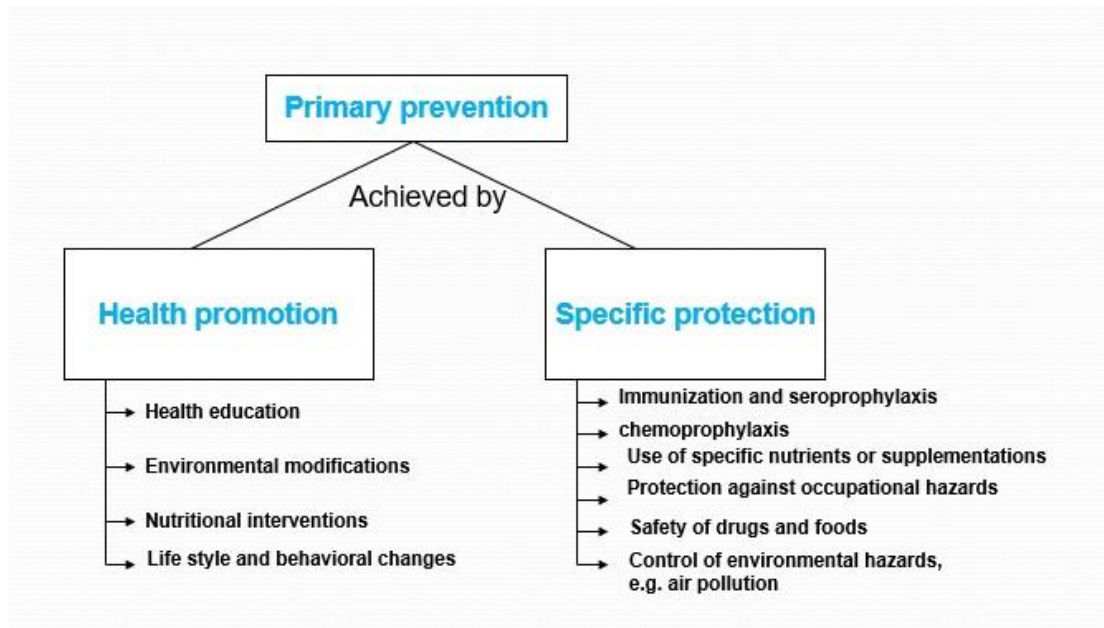
For example, many adult health problems (e.g., obesity, hypertension) have their early origins in childhood, because this is the time when lifestyles are formed (for example, smoking, eating patterns, physical exercise).

In primordial prevention, efforts are directed towards discouraging children from adopting harmful lifestyles

The main intervention in primordial prevention is through individual and mass education

2-Primary prevention:

Primary prevention may be accomplished by measures of “**Health promotion**” and “**specific protection**”



3-Secondary prevention

It is defined as “ action which halts the progress of a disease at its incipient stage and prevents complications.”

The specific interventions are: early diagnosis (e.g. screening tests, and case finding programs....) and adequate treatment.

4-Tertiary prevention:

It is defined as “all the measures available to reduce or limit impairments and disabilities, and to promote the patients’ adjustment to irremediable conditions.”

Dimensions of Nursing

1-Cognitive dimension:

The knowledge needed for the nurse to identify client health needs and to plan and implement care to meet those needs

2-Interpersonal dimension:

Includes effective elements and interaction skill. Affective elements consist of attitudes and values of nurse that influence his or her ability to practice affectivity with variety of different people

3-Ethical dimension:

The nurse act in accord with moral and ethical principles. Willingness to advocate for clients is another element of the ethical dimension.

4-Skills dimension :

A- manipulative skills include the ability to perform such activities as giving immunization, providing tuberculin skin tests and physical assessment and conducting hearing examination

B-intellectual skills include the capacity for critical thinking as well as the ability to examine data and draw influences .

5-Process dimension:

Nurses employ knowledge, attitudes, and skill in the application of several specific process when providing care to individuals, family, and population group (the nursing process) other processes use by nurses in their practice are the epidemiologic process, the health education process, the home visit process, and the case management process. CHNs also use change, leadership, group, and political processes in their care of clients

6-Reflective dimension:

The nurses reflection their care through theory development, research, and evaluation