

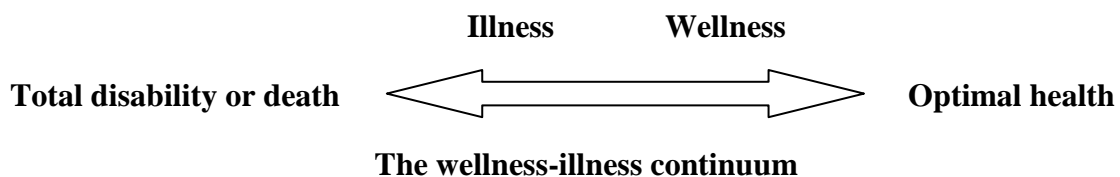
## Types of communities

1. **Geographic community** : It is defined by its geographic boundaries ; a city , town , neighborhoods
2. **Common-interest community** : A collection of people who share a common interest or goal even they are widely scattered geographically , can have an interest or goal that binds the members together.
3. **Community of solution** : A group of people who come together to solve a problem that affects all of them . The shape of this community varies with the nature of the problem ,the size of the geographic area affected , the number of resources needed to address the problem .

Exam :

- 1- water pollution problem
- 2- industrial waste disposal
- 3- city water treatment

These problems involve several countries whose agencies and personnel must work together to control the problem above.



## Components of community health practice

1. **Promotion of health** : It is considered as one of the most important components of public health & community health practice. ( health promotion programs ; educational program about drug use )
2. **Prevention of health problem** : Prevention means anticipating and

averting problems or discovering them as early as possible to minimize potential disability and impairment .

Prevention is practiced on three levels :-

- 1- Primary
  - 2- Secondary
  - 3- Tertiary
- } prevention

**Primary prevention** : ex

1. Encouraging elderly people to install and use safety devices ( grab bars by bath tubs,hand rails on steps) to prevent injuries from falls.
2. Teaching young adults healthy life style behaviors .
3. Working through a local health department to help control and prevent communicable diseases by providing regular immunization programs .

**Secondary prevention** : Efforts to detect and treat existing health problems at the earliest stage.

**Tertiary prevention** : Attempts to reduce the extent and severity of a health problem to its lowest possible level . ex; early treatment and management of D.M to reduce problems.

**3. Treatment of disorders** : It focuses on the illness end of the continuum .

This occurs by 3 methods :-

- 1- Direct service to people with health problems
- 2- Indirect service that helps people to obtain treatment
- 3- Development of programs to correct unhealthy conditions.

Examples of direct service :-

- 1- A nursing center serving a homeless population provides health screening ,education ,referral services .
- 2- Elderly persons confined to home visits from a nursing agency for :-
  - assistance with treatment regimens

- supervision of medications
  - personal care
- 3- a neighborhood health center provides an educational program and support group for people wanting to stop smoking or lose weight .

**Indirect service : Assisting people with health problems to obtain treatment. In many instances , a community agency is not able to provide needed care and refers the individuals or groups concerned to a more appropriate resource.**

3 –Development of programs to correct unhealthy conditions ( ex ;programs of alcoholism , drug abuse , industrial waste disposal as a result of increased pollution of the water supply.

**4 – *Rehabilitation* :** Involves efforts to :-

- 1- reduce disability
- 2- restore function as much as possible of people whose handicaps are congenital or are acquired through illness or accident ( stroke , heart condition , amputation , mental illness )

**5 - *Evaluation* :** It is the process by which that practice is analyzed , judged , and improved according to established goals and standards

**6- *Research* :** It is a systematic investigation .Its role:-

- 1.Discovering facts affecting community health and community health practice
2. solve problems
- 3.explore improved methods of health service .

**Reference : Community health nursing , Judith and Barbara , 6<sup>th</sup> Ed., 2005 , pp6-17 ( F 348 )**