

TABLE OF CONTENTS

Explanation of the Icons	7
1 The Role Of The Nurse In Community Care	9
1.1 Community nursing and primary care	10
1.1.1 Characteristics, paradigms and particularities in community nursing	10
1.1.2 Historical survey of health care	11
1.1.3 Community as a client, types of community, basic characteristics for community nursing	11
1.1.4 The role of primary, secondary and tertiary prevention in community nursing	11
1.1.5 The research and research perspectives in community nursing	11
Bibliography	12
1.2 Health in community nursing	13
1.2.1 Health – the definitions and characteristics of health, the health related terms, health perception by an individual, the theories and models of health	13
1.2.2 The health determinants, health level assessment in a community	14
1.2.3 Care for health of an individual in community nursing	14
1.2.4 The international health programmes, Health 21 in community nursing	14
1.2.5 Health of the nurses in community nursing	14
Bibliography	15
1.3 The models and classification systems in community nursing	16
1.3.1 The models in community nursing – the basic terminology	16
1.3.2 The chosen conception models	16
1.3.3 Omaha – the classification system	17
1.3.4 NANDA-International Taxonomy II – the classification system	17
1.3.5 NIC – the classification system	18
1.3.6 NOC – the classification system	18
Bibliography	19
1.4 Nursing process in community nursing	20
1.4.1 The characteristics and the definition of nursing process in community, the basic terms of nursing process in community nursing	20
Bibliography	23
1.5 Community children's health care	23
1.5.1 The roles and objectives of community children's health care	24
1.5.2 Prevention process in community children's care	24
1.5.3 A module of child care in community	24
1.5.4 The specific nursing skills and their implementation in community children's care	24
Bibliography	25
1.6 Community school nursing care	26
1.6.1 School nurse, the WHO programmes for schools, an Integrated Health Programme for children in schools	26
1.6.2 The predispositions for work of a school nurse, the duties, function and role of a school nurse	27
1.6.3 The competences of a school nurse	27
1.6.4 The educational programmes in schools focused on children's health in schools	27

1.6.5	Implementation of primary, secondary and tertiary prevention into schools	28
1.6.6	The methods, forms and tools of education in the school nurse's work ...	28
Bibliography	29
1.7	Community mental health nursing care	29
1.7.1	Mental health characteristics	29
1.7.2	Strategies for mental health promotion	30
1.7.3	Community mental health care	30
1.7.4	Prevention and mental health promotion	31
1.7.5	Community mental health care for children and adolescents	32
1.7.6	Community mental health care for the adults	32
Bibliography	33
1.8	Palliative nursing care	34
1.8.1	The characteristics of palliative care – the basic terminology	34
1.8.2	The history and the present of palliative care	34
1.8.3	The home and institutional models of dying	35
1.8.4	Application of nursing interventions in palliative care	35
1.8.5	The role of the volunteers in palliative care	36
Bibliography	36
1.9	Community nursing care related to persons with special needs	37
1.9.1	Persons at risk of social exclusion	37
1.9.2	Health problems of the homeless	38
1.9.3	<i>Nursing care in segregated localities with occurrences of social pathology</i> ...	38
1.9.4	Living conditions in segregated Roma communities	39
1.9.5	Objectives of nursing care in segregated localities	39
1.9.6	Treating disabled people within a community	39
1.9.7	Health problems of persons with substance addiction – complex nursing care in homes, in social service facilities and street work	40
Bibliography	42
2	Home Care	43
2.1	Introduction to home care	44
2.2	Home care provided in the home setting	47
2.3	Documentation kept in the home care agency	49
2.3.1	Basic nursing documentation in home care	50
2.3.2	Health care reports to the insurance companies	51
2.3.3	Transmitting the home care information	52
2.4	Treatment of the patient in the home care	53
2.5	The most frequent clinical conditions in the internal medicine	55
2.5.1	Bronchial asthma	56
2.5.2	Diabetes mellitus	56
2.5.3	Ischemic heart disease	56
2.5.4	Hypertension	58
2.5.5	Thromboembolic disease (TED)	58
2.6	Neurology	60
2.6.1	Apoplexy	61
2.6.2	Sclerosis multiplex	61
2.6.3	Dementia	62
2.6.4	Parkinson's disease	62
2.6.5	Vertebrogenous disease	62
2.6.6	Headache	62
2.6.7	Polyneuropathy	62

2.7 Treatment of chronic defects	63
2.7.1 The nurse's personality	64
2.7.2 What is a chronic skin defect?	64
2.7.3 Types of chronic defects – ulcerations	64
2.7.4 Diabetic defects	65
2.7.5 Bed sores	65
2.7.6 System therapy of ulceration	67
2.8 Basic Life Support (BLS)	68
2.9 Immobilization syndrome	72
2.10 Incontinent patient	74
2.11 Care of a dying patient in the home setting	76
2.11.1 Terminal patient in the home setting	76
2.11.2 Complex nursing care of dying patients in the home setting	78
Bibliography	80
 3 Care of the Elderly	 83
3.1 Physical and mental special features connected with old age and ageing	84
3.1.1 Definition of terms in gerontology, demographic background	84
3.1.2 The most important mechanisms of ageing	86
3.1.3 Symptoms of physical involution of an ageing organism and some old age-related diseases	87
3.1.4 Atypical symptomatology of diseases in the old age	99
3.2 Relationship between the level of independence and the quality of life of the seniors	100
3.2.1 Geriatric syndromes and their influence on keeping the level of independence of seniors	100
3.2.2 Functional diversity of seniors, risk factors	105
3.2.3 Application of CGA, assessment and measurement techniques	106
3.2.4 Quality of life, cooperation with the family or close friends of the senior, with counselling and non-profit organisations, volunteers	109
3.3 Adaptation mechanisms of a senior to new living conditions	110
3.3.1 Risks connected with the change of position of the senior in the society	111
3.3.2 Support of adaptation mechanisms, communication with seniors	112
3.3.3 Social behaviour of the society members in relation to the seniors	114
3.3.4 Possibilities of community services for seniors, coordination of health and social care during the change of life conditions of the senior	116
3.4 Nursing plans and education programmes for seniors and their close persons used within the community	118
3.4.1 Geriatric team and its definition	118
3.4.2 Assessment of the needs of seniors	120
3.4.3 Elaboration of plans of care of the seniors, elaboration of educational programmes	122
Bibliography	123
 4 Prevention of Working Risks	 125
4.1 Stressors of the working setting, their detection and processing	126
4.1.1 The community nurse role in the identification of the working setting stressors	126
4.1.2 The most frequent occupational diseases relating to the health care staff	132
4.1.3 Extreme psychological load of the health care staff and its consequences	134
4.1.4 Protection of the own health of a community nurse	136

4.2 Preventive procedures to protect the health of the staff	139
4.2.1 Identification of preventive measures and procedures which are necessary for preventing accidents (injuries) at work	139
4.2.2 Work management and the possibilities of cooperation with the company management when developing educational programmes	141
4.2.3 Care continuity at outpatient and inpatient clinics, possibility of follow-ups, statistic databases	143
4.2.4 Coping with the critical situations from the social point of view; the individual's nonstandard behavior in the critical situation	144
4.2.5 Development of occupational diseases, the degree of impact of the occupational diseases on the individuals	146
4.3 Educational programs in the prevention of occupational risks for clients in the community	148
4.3.1 Methods assessing the individual's readiness and willingness to learn, possibilities of an effective motivation	148
4.3.2 Preparation of the educational plan and educational units for the clients in the community	152
4.3.3 Designing information leaflets for the clients in the community	155
Bibliography	157