

Public/Community Health Nursing Curriculum Activities

***Separate downloadable documents of each activity are found throughout the online course within the lessons. Just click on “Course Map” to return to a specific activity. These versions provide room for writing out your answers. For the activities below, use additional paper as needed.**

Activity 1 – Tour I: History of Public/Community Health Nursing

- What aspect or decade of public/community health nursing history is of interest to you?
- Chose one aspect or decade and review the writings of authors during that period.
- What were the healthcare issues and solutions selected at the time?
- Compare and contrast the healthcare issues and solutions in today’s healthcare environment.

Activity 2 – Tour I: Ten Essential Public Health Services

- Review the Ten Essential Public Health Services.
- List at least one other nursing activity that can be implemented for each service.

Activity 3 – Tour I: Legislation and Public Impact

- Select one of the laws that is of interest to you. Select a journal or newspaper article that identifies and describes how the selected law functions in the current healthcare environment.
- Use a professional nursing organization as source of information on pending legislation. Communicate your views on the legislation to your state representative.

Activity 4 – Tour I: Scope and Standards

- Identify a population-based initiative in Health People 2010.
- Use online resources to identify implementation plans for the selected initiative.
- Identify how this population-based initiative could affect the community in which you work.
- Identify gaps in the population-based initiative that need to be addressed in the future.

Activity 5 – Tour I: Nursing Theory and Public Health

- Select a population (i.e. teenagers who are pregnant).
- Using Roy’s adaptation model identify the input, control processes, effectors, output and feedback loop for the selected subpopulation.
- Identify three specific health outcomes for this population.

Activity 6 – Tour I: Global, Regional, and Local Health Concerns

- As a nurse, identify recent situations with reflect global health concerns.
- In contrast, reflect on an emerging global health concern, and identify the effect it will have on nursing practice.
- Use online resources to identify community initiative to address a global health concern.

Activity 7 – Tour I: Socialization to Public/Community Health Nursing

Using Cohen’ steps in socialization as a framework, answer the following questions now and six months from now as they apply to your personal and professional role and work environment.

- Is the role of the nurse as advocate and care agent visible? Is the climate one of professional growth in the area of disease prevention and protection of health?

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- Are sources of support and commitment present to integrate the nurse role with your multiple life roles?
- Who are the heroes and mentors you can use as role models?
- What professional activities spark your interest?
- Are you ready to be active on a local, regional or national level in public health initiatives?
- How are you active in a professional organization focused on public health and nursing?

Activity 8 – Tour II: History of Epidemiology

- What aspects of the history of Epidemiology are of interest to you?
- Choose one aspect of the history of Epidemiology and review writings of authors during that period.

Activity 9 – Tour II: Epidemiologic Triangle

- Give an example of each component (agent, host and environment) of the epidemiologic triangle.

Activity 10 – Tour II: Web of Causation

- Trace the web of causation for diabetes mellitus.

Activity 11 – Tour II: Natural History of Disease

- Trace the natural history of one diagnosis of a client.

Activity 12 – Tour II: Rates

*The answers can be found below.

- Calculate the mortality rate per 100,000 for the following years:

1980: 179,300 persons 711 deaths _____ mortality rate

1990: 203,255 persons 921 deaths _____ mortality rate

- Calculate the incidence rate per 100,000 for the following diseases:

Heart disease 2,480 new cases 150,000 population _____ rate
at midyear

Accidents 695 new cases 115,000 population _____ rate

- Calculate the prevalence rate per 100,000 for the following diseases:

Cancer 12,000 (total cases) 150,000 population _____ rate

Diabetes 1,200 (total cases) 123,000 population _____ rate

- Calculate the infant mortality rate per 1000 (usual constant) for the following years:

1980: 100,000 live births 20,000 deaths _____ rate

1990: 200,000 live births 1500 deaths _____ rate

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Adapted from The Sage Colleges, 2003.

Activity 12 – Tour II: Rates, Answers

- Calculate the mortality rate per 100,000 for the following years:
 - 1980: 179,300 persons 711 deaths **397 per 100,000** mortality rate
 - 1990: 203,255 persons 921 deaths **453 per 100,000** mortality rate
- Calculate the incidence rate per 100,000 for the following diseases:
 - Heart disease 2,480 new cases 150,000 population **1653 per 100,000** rate at midyear
 - Accidents 695 new cases 115,000 population **604 per 100,000** rate
- Calculate the prevalence rate per 100,000 for the following diseases:
 - Cancer 12,000 (total cases) 150,000 population **8000 per 100,000** rate
 - Diabetes 1,200 (total cases) 123,000 population **976 per 100,000** rate
- Calculate the infant mortality rate per 1000 (usual constant) for the following years:
 - 1980: 100,000 live births 20,000 deaths **200 per 1000** rate
 - 1990: 200,000 live births 1500 deaths **7.5 per 1000** rate

Activity 13 – Tour II: Epidemiologic Study Designs

- Review epidemiological study designs.
- Identify a type of study design in a public health or nursing journal.

Activity 14 - Tour II: Nursing Process, Surveillance and Essential Public Health Services

- Identify surveillance activities in your nursing practice.
- Review your role in regard to surveillance activities.

Activity 15 - Tour II: Environmental Management

- Select one of the national objectives for environmental health and evaluate the extent to which the objective has been met in your community.
- Review local news media for stories related to environmental health objectives and create a risk profile for your community.

Activity 16 - Tour II: Outcomes Management

- Select and use an outcomes management framework to:
 - a) Determine what changes are to be made
 - b) Plan the change using standards/benchmarks
 - c) Carry out the plan
 - d) Evaluate the results for lessons learned

- e) Modify the plan based on the evaluation
- f) Monitor the outcomes at specific intervals

- Communicate the structure, process and outcomes to co-workers.

Activity 17 - Tour II: Disease Outbreak Management

- Identify an outbreak of a disease in your community.
- Use the nursing and epidemiological process model to trace the steps to completion.
- Identify three improvements that would be useful in future outbreaks based on the information gleaned from the epidemiological and nursing process.

Activity 18 - Tour III: Population Based Theory and Practice in Public/Community Health Nursing

- Identify the role nurses can play in a specific population based initiative.
- Identify the role nurses can play in the development of public policy concerning a specific population based initiative.
- Identify the role nurses can play in the development of legislation concerning specific populations at risk.
- Select a public policy or legislative initiative of interest to you and actively participate in the process.

Activity 19 - Tour III: Community Assessment

- Obtain a completed community needs assessment for the area in which you work.
- Use the completed community needs assessment to analyze the data that was pertinent to the identification of a community health problem.
- Identify a primary, secondary and tertiary intervention that would have a measurable impact on the health of the community.

Activity 20 - Tour III: Communicable Disease Management Activities

- Apply the epidemiologic triangle to a communicable disease.
- Investigate the immunization program in your agency.

Activity 21 - Tour III: Chronic Disease Management

- Select a specific population by age grouping and chronic health condition and identify the barriers and challenges experienced by the selected group.
- Identify primary, secondary and tertiary prevention strategies for the selected group.

Activity 22 - Tour III: Application to Your Nursing Role

- Select a communicable disease or chronic disease of interest to you.
- Identify population-based resources available for the population with the disease.
- Prepare a report on the community resources for the staff at your organization.

Activity 23 - Tour IV: Worldview on Culture, Diversity and Health Beliefs

- Select a cultural group served by your organization.
- Identify the cultural values and beliefs of the selected group.
- Identify three culturally driven healthcare strategies that would be important to use in providing public/community health nursing to the selected group.

Activity 24 - Tour IV: Vulnerable Populations

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- Examine health statistics and demographic data in your area to determine which vulnerable groups predominate.
- Investigate which agencies provide services for these vulnerable groups.

Activity 25 - Tour IV: Homelessness

- Identify nurses who work with the homeless population in your area.
- Interview the nurses about their workday, challenges and barriers faced.
- Travel with a nurse to increase understanding of vulnerable persons.

Activity 26 - Tour IV: Migrant Workers

- Interview community leaders to determine the presence of migrant workers in your area.
- Investigate your agency's partnership with healthcare to migrant workers and their dependents.

Activity 27 - Tour IV: Family Violence

- As part of your New York State RN licensure process, you have completed Child Abuse Identification and Reporting education. Using information you learned and the RADAR screening tool, conduct a RADAR screening for a potential child abuse case.

R: Routinely screen all children 0-5 years.

- Who conducts the screening?
- Who conducts the screening after 5 years?
- For what would you assess?

A: Ask direct questions.

- What questions would you ask?
- How would you approach the child?

D: Document findings.

- Distinguish between objective and subjective data
- When would you take photographs?

A: Assess child safety.

- What do you look for related to child safety?

R: Review options and referrals.

- List resources and services for child and family.

Activity 28 - Tour IV: Global Safety and Local Safety

A tornado hit a small tight-knit industrial community on a Sunday afternoon. The tornado struck a path through the city and continued to damage outlying farmland. Communication was unavailable to the zone of total impact and partial impact and the only ambulance was damaged in the tornado. The city was declared a total disaster.

- Based on the information provided, determine the specific assessment information that would be needed by the public/community health nurse.
- Identify issues which impede the community's response to the disaster and develop three strategies to meet these needs.
- Identify strategies for coping with the psychological aspects of disasters for victims and disaster workers.

Activity 29 - Tour IV: Terrorism Management

Select a specific biological agent that could be introduced into the community water supply. Use the information on the www.state.ny.us/security and www.health.state.ny.us websites to assist in completing this activity.

- Identify the primary, secondary and tertiary prevention measures that would be effective in eradicating the biological agent.
- Prepare a personal/family survival kit based on public health checklists; www.ready.gov is a good resource for this activity.

Activity 30 - Tour V: Mentoring Activities

- Select a mentor as a role model.
- With a mentor, develop a two year career plan including goals, milestones and educational foundations for advancing practice.
- Read advertisements for public/community health nursing positions of interest and identify key skill sets you would need to fill the position.