


Chapter 7


Beyond the Clinic: Expanding Horizons for Community Health Nurses in Pakistan

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ABSTRACT

All schools of nursing in Pakistan offer community health nursing as a core course. Unfortunately, there aren't enough avenues open for them to practice CHN due to lack of deployment plan. Despite this there are multiple roles that CHNs are performing and can perform at local and national levels. The need is to duly acknowledge this role within the health care delivery model and there is a need for evidenced based studies to explore the impact of these roles on the health of population at local and national levels. This chapter would serve as a guiding tool to make health care

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delivery system more responsive to health and developmental needs of the country. Moreover, the chapter gives an insight into how the CHNs are actively engaged in various settings and provide population based services with focus on sustainability.

SESSION OBJECTIVES

After reading the chapter learner will be able to:

1. Appreciate the expanded roles of CHNs to address the health care needs of population.
2. Appraise the diverse role of CHN in health care delivery system in global and local context
3. Integrate the competencies of CHN for role performance in education, practice and research

INTRODUCTION

In today's world, nurses' role has expanded from tertiary care setting to community settings. Even in Pakistan, nurses are playing critical roles in diversified settings to promote the population's health. The underlying notion is to decrease the burden of disease and increase the quality of people's life to impact on economic stability of the nation. *Thus*, nurses are not confined to hospital settings rather broaden up to the extent and performing various roles as an integral part of the health care team. This chapter aims to highlight various roles that are practiced by CHNs in Pakistan. (Refer figure 1).

CHNS IN PRIMARY HEALTH CARE

Primary Health Care (PHC) approach is used in health services organizations to serve the population; and CHNs are integral part of PHC approach. CHNs work at individual, family, and community levels, utilizing population or risk approach. For instance, CHNs works with collaborators and identifies non communicable diseases such as high blood pressure, high cholesterol levels and diabetes mellitus as priority health problems. One of the examples of CHN work is a healthy heart program which is planned to promote community health focusing on healthy lifestyle. Mostly, CHNs are well prepared to see the community as a client and Partner. Along with the team members she/he examines the health of population in consideration

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