

Unit 1



HOME NURSING



LEARNING OBJECTIVES

At the end of this chapter, the students will be able to

- ❖ define home nursing
- ❖ explain the concept, purposes and principles of home health care
- ❖ explain the care for the challenged person
- ❖ mention the outreach and rehabilitative services
- ❖ list the home management
- ❖ explain the extended role of home nurse
- ❖ describe AYUSH



திருக்குறள்:

உற்றான் அளவும் பிணியளவும் காலமும்
கற்றான் கருதிச் செயல்.

விளக்கம்:

மருத்துவ நூலைக் கற்றவன் நோயுற்றவனுடைய வயது முதலியவற்றையும் நோயின் அளவையும் காலத்தையும் ஆராய்ந்து செய்ய வேண்டும்.

Explanation:

The learned (Physician) should ascertain the condition of his patient, the nature of his disease and the season (of the year) and (then) proceed (with his treatment).



“We can all make a difference in the lives of others in need, because it is the most simple of gestures that make the most significant of differences.”

– Miya Yamanouchi

1.1 INTRODUCTION

Home health nursing competencies are integrated knowledge, skills, judgement and attributes required of a nurse working in home health to practice safely and ethically. Home health nurse encompasses disease prevention, rehabilitation, restoration of health, health protection and health promotion with a goal of managing existing problems and preventing potential problems.

Home health activities includes teaching, curative interventions, end of life care, rehabilitation, support and maintenance, social adaptation and integration for the family care giver(Canadian home care association) and involving, initiating coordinating, managing and evaluating the resources needed to promote the patients maximum level of health and function

1.2 DEFINITION OF HOME NURSING

Home health nursing is a nursing speciality in which nurse provides multidimensional home care to patients of all ages.

1.3 CONCEPT OF HOME HEALTH CARE

- The concept of home health care is to mean any type of care given to a person in their home
- Home care providers render services in the patients' own home. These services may include some combination of professional health care services and life assistance services
- People wanted to be in home and to direct their care even when their health is compromised



- With the increase in aging population, concomitant chronic disease or cost of health system and the demand for high quality, places a greater demand for home care
- Home care is truly centred to a client centred approach, which puts patient at a centre of care and supports them through the care continuum
- Home health nurses are highly skilled, and got strong interpersonal skills that support a patient centred approach and have proven a positive outcome, especially in older adult, wound care and end of life care
- The current strong demand for home health nursing will only increase, and the profession is solidly positional to evolve by means of enhanced education and support

1.4 PURPOSES OF HOME HEALTH CARE

- ❖ In response to a need felt by an individual in the family as in case of sickness, delivery, surgery
- ❖ As a part of a planned visiting programme e.g., routine prenatal visits
- ❖ To investigate the source of an infectious disease in which case you may be rejected instead of being wanted
- ❖ To follow through on some problem identified in the health centre, school, industry or hospital
- ❖ To assess nutritional and immunization status, environmental hazards and give health education
- ❖ To follow treatment and care given by family members
- ❖ To supervise and guide other health workers

1.5 PRINCIPLES OF HOME HEALTH CARE

- ❖ Plan the work so that visits are made on the basis of need; divide your intensive area into units of 800 – 1,000 population each, and plan for regular visits to the homes in selected units at a time
- ❖ Be sensitive to the person's feelings and need at the time of the visit
- ❖ Understand the other person's point of view
- ❖ Be sure of the scientific soundness of the subjects you discuss
- ❖ Use safe technical skills. Including hand washing, inspection, etc.
- ❖ Have a full understanding of your agency's policies
- ❖ Attain a working knowledge of the community resources and use them wisely
- ❖ Collect facts about the home, the patient and the environment and make an objective analysis of the facts as an initial step in visiting the home
- ❖ Work with the person and family – plan jointly
- ❖ Evaluate your own work – quality is more important than greater value than 8 or 10 casual visits
- ❖ Make a note of important facts in your diary
- ❖ On return, record facts in the family folder and/or individual health cards

1.6 HOME HEALTH CARE SERVICES

It includes various services such that

- ❖ Family health services
- ❖ Information education and communication

- ❖ Management of informative system
- ❖ Maternal and child health services
- ❖ Treatment of minor ailments
- ❖ Organising of clinics and camps
- ❖ Waste management

1.7 CARE FOR THE CHALLENGED PERSON



Challenged person is one who deviated from normal health status either physically, mentally or socially. Children who are affected that way require special care, treatment and education.

The Challenged Children can be classified as follows

- ❖ Physically challenged children: e.g., blindness, deaf, mute, harelip, cleft palate, crippled – polio, cerebral palsy, heart diseases, road accidents, burns and injuries.
- ❖ Psychological challenged: orphans, maternal deprivation, emotional deprivation, and maladjustment
- ❖ Mentally challenged children: feeble minded, mental defect and mental retardation

All these problems may be genetic or due to certain specific diseases, injuries, social factors or nutritional factors.

From the community point of view it is essential that such children in need of help should be taken care. Parents of such children should also play a major part in planning the care.

The objective of the care in such situation is to improve the physical condition, prevent further damage and then to help, secure a suitable occupation.

Major Causes

- ❖ Malnutrition – is another major disability causing factor
- ❖ Accidents on the roads and play at home can be another cause
- ❖ Genetic disorders and birth defects
- ❖ Effects of drugs

The aim of home health nursing is to assist the individual who has a disability and/or chronic illness in restoring, maintaining and promoting his or her maximum health. This includes preventing chronic illness, and disability. The home health nurse is skilled at treating alternations in functional ability, and lifestyle that result from physical disability and chronic illness.

Responsibilities of The Home Health Nurse

- ❖ To guide the parent in getting early treatment to prevent further damage and improve the physical condition, e.g., physiotherapy, through which the deformities could be corrected. This knowledge has to be imparted to parents, e.g., as in case of polio
- ❖ To provide occupational therapy. A child who is challenged can be trained to choose any craft according to his ability such as carpentry, painting, cloth weaving or mat weaving



- ❖ Prosthetics: to provide guidance in obtaining artificial limbs or a device like an artificial hearing aid
- ❖ Vocational guidance: the parent must be educated and convoked that the child can be restored to function as a useful member. Such vocational guidance, as it is called, is given in several schools in India.
 - Occupational and Physical Therapy school at Mumbai
 - Occupational Therapy School at Nagpur
 - All – India Institute of Physical Medicine and Rehabilitation, Mumbai
 - Institute of Physical Medicine and Rehabilitation, Christian Medical College and Hospital, Vellore

Besides these, there are schools specifically for the deaf and dumb, and for the blind, which are run by private organizations and by government.

- ❖ Preventive activities: Preventive steps can be adopted to limit the extent of disability. Some disabilities, e.g., due to polio or accidents can be prevented. Adequate nutrition can be maintained, so that mental retardation due to malnutrition can be prevented
- ❖ Education: Nurse can arrange for community education on the above aspects to enlighten the people. Specially, in India people associate the mishaps to ‘fate’ or curse from God. So guiding them in the right way is essential

Interdisciplinary approach in providing care to the disabled by the home health nurse

- ❖ Families are often the primary care givers of family members who are disabled. It is

important to identify strategies that promote family functioning, stability, growth, and coping

- ❖ Nursing interventions should include assessing the entire family as a unit of care
- ❖ Nurses need to assess their personal feelings, which can inhibit or enhance their ability to function effectively with persons who are disabled
- ❖ Nurses focus on preventive strategies for people who already have potentially disabling conditions to limit the occurrences, impairment and functional limitation
- ❖ Nurses promote self care, self management and self advocacy
- ❖ Nurses provide health education interventions which include teaching clients about their conditions, community resources, self management, self care and self advocacy
- ❖ Nurses assist clients in learning how to find and utilize community resources

Mental Retardation

Mental retardation is a condition of both clinical and social importance. It is characterized by limitations in performance that result from significant impairments in measured intelligence and adaptive behaviour.

Mental retardation is defined as:

- Significantly sub average general intellectual functioning (IQ below 70)
- Significantly deficit or impairment in adaptive functioning
- Which manifests during the period of development (before 18 years of age)

Types

- Mild mental retardation (IQ 50 - 70) 85% of the total mental retardation
- Moderate MR –(IQ 35 - 49) 12% of the total MR. Most of them can talk and learn
- Severe MR(IQ 20 - 34) 7% of the total MR. Only few of them learn to care for themselves completely

Responsibilities of home health nurse in care of the mentally retarded

Primary prevention

- Good antenatal check – up
- Improving socio – economic status
- Education
- Facilitating research to identify the genetic counselling cause

Secondary level

- Early detection of defects and correction
- Prevention of child abuse and sexual abuse

Tertiary prevention

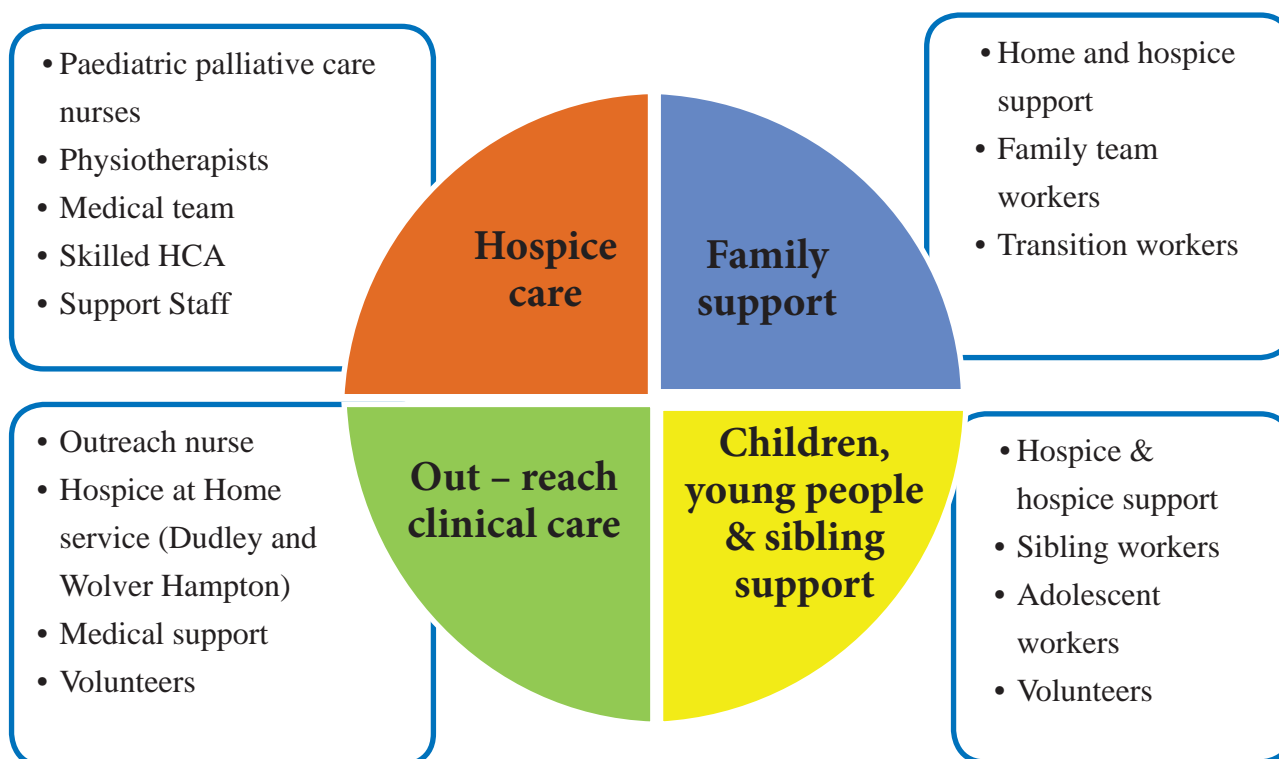
- Treatment of physical and psychological problems
- Behaviour modification
- Physiotherapy to treat the rehabilitation disability

Effects of MR on the family

- Distress
- Depression, guilty feeling
- Over indulgence
- Social problems
- Marital disharmony
- Dissatisfaction about medical and social services

1.8 OUTREACH SERVICES

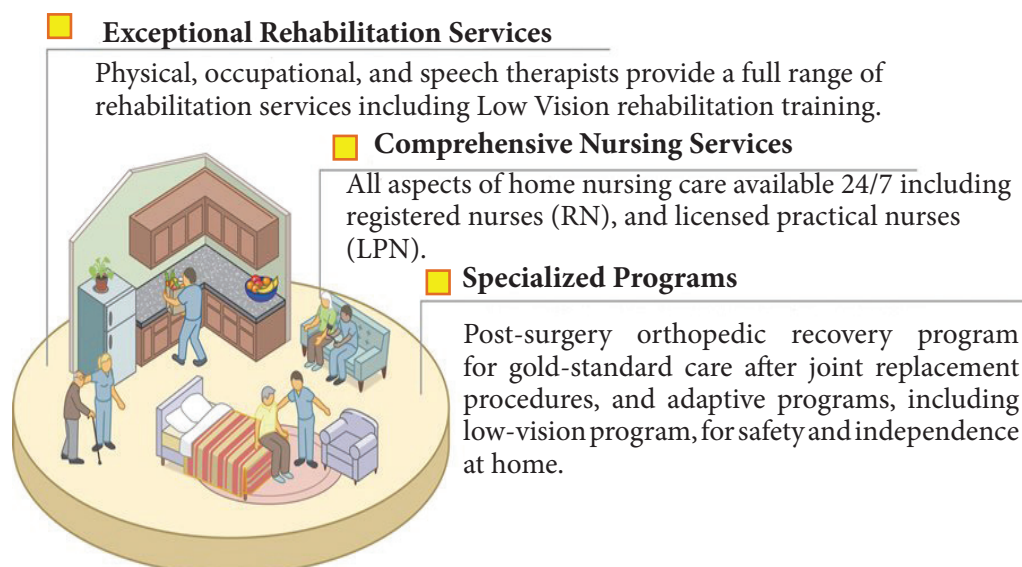
Nursing outreach involves nurses providing health care away from the practice, typically in a patient's home. This can overcome a number of access barriers and provide valuable information about a patient's true health needs and social situation.



1.9 REHABILITATION SERVICES

Rehabilitation focuses on the quality of life for people with disabilities and their families, in meeting their basic needs and ensuring for participation.

Rehabilitation Services



It is implemented through the combined efforts of people with disabilities, their families, organizations and communities, relevant government and non government agencies for providing other services the person requiring rehabilitation are:

- Hearing impaired children
- Visually impaired children
- Physically impaired children and adult
- Adults with chronic disabilities

Role of the Home Health Nurse in Training Disabled People

- ❖ Involve the community in the training programmes of the disabled
- ❖ Go from house to house to locate and identify all the disabled members in the community
- ❖ Find out which disabled members need training

- ❖ Select training material from the manual for each disabled member who needs training
- ❖ Improvised tool/equipment is needed for the disabled, e.g., Walker, Crutch, Shoes
- ❖ For each disabled member who needs training, find and teach a family or community member to use the training packages and be the trainer.
- ❖ Guide and supervise and motivate the trainers to continue the training of disabled members
- ❖ Assess the progress made by each disabled member
- ❖ Keep records
- ❖ Get the co operation of teachers for the training programmes of the disabled members
- ❖ Select and refer disabled members who need other available services

1.10 HOME MANAGEMENT

Home management of common minor ailments are

Eye wash procedure

- Eye wash should be done as there is discharge or when eyes are sticky.
- Eye wash is done to clean eyes and remove discharge of infective material.

Purpose

- To clean eyes of excess discharge
- To remove foreign bodies which may be soiled or any chemical
- To reduce inflammation and congestion
- To provide soothing effect to the eyes

Equipment and Articles

- Bowl
- Cotton swabs
- Spoon or forceps
- Towel, mackintosh
- Kidney tray
- Eye pad
- Hand washing articles
- Facilities to boil the articles

Procedure

- Explain in detail the procedure
- Wash hands with soap and running water. Let your hands drip from elbow and allow hands to dry in air
- Boil articles and keep ready near bedside
- Protect the patient clothing with mackintosh and towel
- Clean the infected eye first from inner aspect of the eye to outer of the eye.
- Use one swab for one stroke only
- Instill any medicine prescribed
- Wash hands
- Replace the articles
- Record the procedure done and followup if required

Health teaching for prevention of conjunctivitis

Conjunctivitis is easily spread from one person to another, it is very important that others do not use the infected person towel or handkerchief.

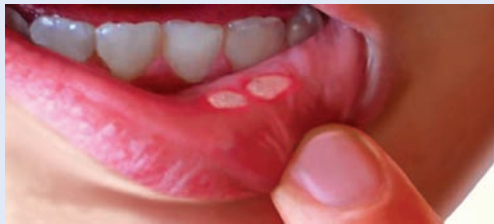

- Wash hands after touching eyes
- Avoid bathing in canal or pond water
- Avoid meeting in crowded places
- Try to use dark glasses, if possible

Common Problems	Management
Eye infection: It is the most common condition. Due to infection patient complains of burning, pain, watering of eyes and pain gets worse with light. There may be sticky discharge and eyelids stick together during sleep	Management of such ailment giving an eye wash and application of medicine depending upon severity of conditions. Maintain eye hygiene, wash eyes two or three times a day and prevent dust or strong chemicals close to eye.




Common problems	Management
<p>Conditions affecting respiratory tract</p> <p>1. Acute respiratory infection These are most common problem in home care setting especially among children.</p> <p>2. Common emergencies Some of the common emergencies are asphyxia, nasal bleeding and foreign body in nose or throat are some of the condition which require first aid management. If not relieved refer to hospital.</p>	<p>First aid care given to these conditions is to clear airways by removing foreign body or by giving artificial respiration.</p>
<p>3. Sore throat It is most often a symptom of common cold and can be managed at home.</p> <p>4. Sinusitis: It is a common complication of cold. The patient complains of pain and tenderness in the bones just above or below the eyes and headache. The pain may worse when you press over these bones. There may be fever, stuffy nose, and thick mucus discharge.</p>	<p>Teach patients to take saline gargles mild analgesics can be given to relieve pain.</p> <ul style="list-style-type: none">• Give steam inhalation• Hot wet compress• Nasal drops can be given• If no improvement after three days refer to hospital
<p>5. Cold and flu: Are common viral infections that may cause running nose, cough, sore throat and sometimes fever or pain in joints</p>	<p>Simple ways to take care of person with flu or cold are:</p> <ul style="list-style-type: none">• Give plenty of water• Give simple aspirin which relieves body ache and headache• Give steam inhalation• Helps to take saline gargles with warm water.• If continues for longer period it may turn into bronchitis, or pneumonia and special treatment is needed.
<p>6. Ear ache: The only way young child can tell you about ear ache is by rubbing or pulling ears, problem may be with external or internal ear.</p>	<ul style="list-style-type: none">• Take complete history and examine the patient for any swelling or cold• Examine other organs which are likely to be involved like throat, eyes, nose etc.• Find if any fever is associated with earache.• Clean the ears gently and instill ear drops.• Do not plug the ear if problem continues, refer to hospital.



Common problems	Management
<p>7. Cough:</p> <p>Coughing is not a sickness by itself but a sign of different sickness that affects the throat, lungs and bronchi.</p> <p>Cough which started within a few days is acute cough. Acute cough may be associated with measles whooping cough, tonsillitis, pneumonia or cold.</p> <p>Chronic cough is the one that develops slowly and is frequent. This is most commonly due to TB, chronic bronchitis or other chest infections.</p>	<p>Treatment for dry cough:</p> <ul style="list-style-type: none">• Give steam inhalation• Give warm liquids to drink• Cough syrup as advised by the Doctor• If cough is due to any infection refer for treatment• Steam inhalation <p>It is the commonest procedure to relieve nasal congestion and pain or liquefy the secretions in the throat.</p>
<p>Condition affecting digestive system</p> <p>Tooth ache:</p> <p>Is a common problem. It may be due to cavity, bleeding gum, abscess or swelling. It may be associated with fever.</p>	<p>Look for tooth which is giving trouble. If there is cavity or gum is swollen, it could be with an abscess. Give analgesic and ask the patient to take mouth wash and refer for Dentist.</p>
<p>Soreness of mouth:</p> <p>Sore and cracks at corner of mouth and lips are often a sign of malnutrition. It is most common in children.</p>	<p>They should be given food rich in vitamins such as whole grains, vegetables, milk, eggs etc., and advise for mouth hygiene.</p> 
<p>Thrush:</p> <p>White patches inside mouth and tongue are mostly due to fungus infection. It is most common in new born babies and adults who are getting antibiotics.</p>	<p>Advise them to take vitamin rich diet.</p> <p>Give G.V.paint. or boroglycerine to apply locally.</p> 




Common problems	Management
<p>Dehydration</p> <p>Dehydration results when there is more loss of fluid in the body than the intake. This happens in severe diarrhoea and vomiting, which is more serious in children.</p> <p>Signs of dehydration:</p> <ul style="list-style-type: none">• Little or no urine• Sudden weight loss• Dry mouth• Sunken, tearless eyes• Loss of elasticity or stretching of the skin• Very severe dehydration may cause rapid, weak fast pulse, deep breathing, fever, or fits	<p>Prevention and treatment of dehydration:</p> <ul style="list-style-type: none">• The person should drink large amount of liquids, water, tea, soup etc.,• The person should be given plenty of liquids or rehydration to drink first• A mother can prepare rehydration drink• A 4-finger scoop of sugar or jaggery and 3 pinch of salt and add it to one litre of boiled and cooled water• Give the person sips of drink every five minutes, day and night, until he begins to urinate normally. A small child needs atleast one litre a day
<p>Contents of rehydration packet</p> <p>Marketed as ORS under different trade names</p> <p>Glucose-20.0gm</p> <ul style="list-style-type: none">• Sodium chloride - 3.5 gm• Sodium bicarbonate - 2.5 gm• Potassium chloride - 1.5 gm 	<p>To prepare oral rehydration salt solution:</p> <ul style="list-style-type: none">• Wash hands• Pour one litre of clean water into clean container• Open the sealed packet and pour the ingredients and mix well• Fresh ORS should be prepared each day. Container should be kept covered
<p>Contents of sugar salt solution;</p> <p>Sugar - 40gm or honey/glucose 20 gm</p> <p>Common salt - 5 gm (one pinch)</p> <p>One litre of water - after mixing well in cool drinking water, the solution should have the taste of tears.</p>	<ul style="list-style-type: none">• Keep giving rehydration drink often in small sips, even if the person vomits• If the person vomits all the drinks shift the person to the health centre to give fluids through veins.



Common problems	Management
Vomiting <ul style="list-style-type: none">Many person, especially children have an occasional stomach upset with vomiting. Often no cause can be foundThere may be mild stomach or guts, such as infection, poisoning from spoiled foodAny sickness with acute fever or severe pain may cause vomiting, especially malaria, hepatitis, tonsillitis, earache, meningitis, urinary infection, gallbladder pain or migraine headache	To help control simple vomiting: <ul style="list-style-type: none">Sip some tea with sugar but without any milk. Adding ginger or lime juice may also helpFor dehydration give small frequent sips of cool tea, or rehydration drinkIf vomiting does not stop soon, use vomit control medicines like promethazine, diphenhydramine or phenobarbitol
Diarrhoea and dysentery <ul style="list-style-type: none">When a person passes loose or watery stools more than two or three times it is called diarrhoea. If mucus and blood can be seen in the stool it is dysenteryDiarrhoea can be mild or serious. It can be acute or chronicDiarrhoea is more common and more dangerous in young children Causes of diarrhoea: <ul style="list-style-type: none">It has many causesPoor nutritionVirus infection or intestinal fluAn infection of the gut caused by bacteria, amoeba, urinary infectionsMalariaFood poisoningAllergic to certain foodsSide effects produced by certain medicines, such as ampicillin or tetracycline	Prevention of diarrhoea: <p>The prevention of diarrhoea depends on good nutrition and cleanliness.</p> <ul style="list-style-type: none">Exclusive Breast feeding rather than bottle feeding for the first six monthsWhen you begin to give the baby new or solid foodsKeep the baby and the surrounding clean Treatment of diarrhoea: <p>For most of the cases of diarrhoea no medicine is needed. If the diarrhoea lasts along times, the bigger danger is malnutrition. so the most important part of treatment has to do with giving enough liquids and good food, no matter.</p> Prevent or control dehydration: <p>A person with watery diarrhoea must drink large amount of liquids.</p> <ul style="list-style-type: none">Give him rehydration drink<i>Meet nutritional need</i> <p>A person with diarrhoea needs food. This is especially important in small children or persons who are poorly nourished.</p>



Common problems	Management
	<ul style="list-style-type: none">• <i>Diarrhoea and milk</i> Breast milk is the best food for babies. Keep giving breast milk when the baby has diarrhoea.• <i>Medicines for diarrhoea</i> Anti-diarrheal medicines with kaolin and pectin make stools thicker and less frequent, but they do not correct dehydration or control infection. some anti-diarrhoeal medicines like diphynoxylate may even make infections last longer
<p>Condition affecting circulatory system: Conditions which you commonly need to deal are high blood pressure, haemorrhage, shock, chest pain, swollen legs, and anaemia.</p> <p>High blood pressure: Person having high blood pressure may complain of frequent headache, shortness of breath with mild exercise, fatigue, dizziness and palpitation which may interfere with sleep</p> <p>High blood pressure is a symptom found in a person having disease of kidney, hypertensive heart disease or pregnant women with eclampsia and preeclampsia.</p>	<p>Watch on vital signs, take blood pressure and observe for complications.</p> <p>See that the patient is on regular treatment and give health teaching like:</p> <ul style="list-style-type: none">• Avoid over weight• Use of little salt for cooking• Avoid smoking and alcohol
<p>Swollen legs: Swelling of legs with pitting of skin on pressure(edema) may be due to kidney diseases, heart diseases, pregnancy and anaemia</p>	<ul style="list-style-type: none">• If swelling is without other signs and is occasional, advise rest• If it is due to anaemia give iron supplementation as prescribed• If swelling is with fever, backache, severe anaemia refer the patient for treatment and investigations



Common problems	Management
Anaemia: It is very common deficiency condition in all age groups and more common among child bearing women. The patient with anaemia look pale, tired and weak, feels giddy and shortness of breath, swelling of legs may be seen in severe cases.	<ul style="list-style-type: none">• Treat those who have worms for antihelminthic treatment and give iron supplement• Refer cases which are with severe anaemia to hospital
Chest pain: Mostly chest pain indicates some diseases of heart like myocardial infarction, rheumatic heart disease and cardiac failure.	Observe for vital signs and refer to hospital as soon as possible
Conditions affecting the neuromuscular system: Common minor ailments which require to be attended are headache, back pain, muscle or joint injuries.	<ul style="list-style-type: none">• Simple headache is mostly relieved by analgesics• Analgesics, proper personal health habits and counselling can help in relieving headaches when headache is due to pathological reason, refer for proper diagnosis and treatment• Treat back pain by giving complete rest, local application of heat by hot water bottle and analgesics
Conditions affecting the reproductive system: Sore on genitals: a small hard swelling or sore that is painless on genitals is likely due to sexually transmitted diseases.	Advise personal hygiene and refer for proper treatment
Menstruation problem: Dysmenorrhoea (painful menstruation) is common problem and can be managed at home if it is not due to any pathological reason.	<ul style="list-style-type: none">• Women should be advised to have moderate exercise, avoid constipation and empty bladder frequently• If necessary analgesics and hot water bottle on lower abdomen can be used• If no relief, refer to Doctor for proper investigation and treatment



1.11 Extended Role of Home Nurse

1. Health care provider

The home health nurse provides nursing procedures like

- Performs wound dressing
- Carry out Steam inhalation
- Performs eye irrigation
- Provides Oral rehydration therapy
- Treat minor illness
- Provides geriatric care
- Provides antenatal care
- Provides neonatal care
- Gives bed bath to disabled
- Provides range of motion and formal exercises to the bed ridden
- Provides first aid

2. Health educator

Educates individual, family and community for the principles and techniques of prevention and management of diseases

3. Collaborator

Works with the collaboration of other health team members

4. Counsellor

Conducts the counselling of individuals in some social and mental health problems.

5. Advocate

In suitable and required places, the home health nurse assumes the role of advocate.

Outreach Services Of Home Health Nurse

Maternal Health Services

- Help the expected mother in early pregnancy and help her to seek adequate Care

- Observe antenatal visits schedule strictly
- Identify the high risk pregnancy cases like hypertension, diabetes by doing thorough check up at home, she should educate pregnant women regarding diet, antenatal exercises, importance of rest and sleep, care of the newborn, breastfeeding techniques
- she prepares the mother physically and psychologically for deliveries

School health Services

- School health services refers to the initiation, maintenance, improvement of the health of school children
- Educates school children in personal hygiene dental hygiene, healthy school environment, importance of well balanced diet etc
- She tries to guide and counsel the children who has problem with school environment or children with the behavioural problems like drug addiction , non obedience, long absenteeism , juvenile delinquency

Immunization Services

- She organises immunization session
- She teaches the care which the mother has to take during immunization

Industrial Nursing Services

- She plays a major role in periodical examination of the employees
- Provides care to the sick and injured
- Gives health education to change the behaviour

Organization of Clinics and Camps

The various types of camps are

- Service camps
- Education and training camps
- Family welfare camps
- Orientation and training camp

1.12 AYUSH

The Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy, abbreviated as AYUSH, is a governmental body in our country was purposed with developing, education and research in India and the traditional Tibetan medicine. It started in March 1995 as the Department of Indian Systems of Medicine and Homoeopathy (ISM&H). The Ministry of AYUSH was formed with effect from 9 November 2014 by elevation of the Department of AYUSH.

Objectives

The Department of AYUSH has the following objectives:-

- ❖ Delivery of AYUSH Services
- ❖ Human Resource Development in AYUSH
- ❖ Promotion and Propagation of AYUSH Systems
- ❖ Research in AYUSH
- ❖ Conservation and cultivation of medicinal plants
- ❖ Effective AYUSH Drugs Administration

Ayurveda

Ayur' means age and 'Veda' denotes knowledge. Ayurveda defines knowledge about age or the knowledge which describe age. The knowledge of Ayurveda is claimed to have passed down to humans through a chain of supreme beings. Oldest references of Ayurveda are found in Atharvaveda that is last of four principals text of Hindu philosophy.

Major Principals of Ayurveda are

- Tridosha
 - Triguna
 - Saptdhatu
 - Panchmahabhoot
 - Biofire (Agni)
- The objectives of Ayurveda is maintenance and promotion of health, prevention of disease and cure of sickness
- Health is considered as a state of balance of tridosh and triguna in body matrix
- The Diagnosis of disease is achieved by taking care of various internal and external factors altogether, by means of treating body as a whole
- The treatment of disease can be achieved by: 1. Nidan Parivarjan (Avoidance of factor, causing disease) 2. Shodhana therapy (Purification Treatment) 3. Shamana therapy (Palliative Treatment) 4. Pathya Vyavastha (Prescription of diet and activity)



Yoga

The literal meaning of the Sanskrit word Yoga is 'Yoke'. According to Maharishi Patanjali (The Father of Yoga), Yoga is the suppression of five modifications of the mind.



Types of Yoga

Japa Yoga- To concentrate one's mind on divine name or holy syllable, mantra etc.

Karma Yoga- Teaches us to perform all actions without having any desire for their fruit.

Gyana Yoga- Teaches to discriminate between self and non- self and to acquire the knowledge of one's spiritual entity.

Bhakti Yoga- A system of intense devotion with emphasis on complete surrender to divine will.

Raja Yoga- Raja Yoga is popularly known as Ashtanga Yoga .

Swara Yoga- It involves the systematic study of the breath flowing through the nostril.

Kundalini Yoga- It is a part of Tantric Tradition and it involves awakening of potential force residing in Muladhara chakra.

Nadi- Nadi is flow of energy which we can visualize at the psychic level as high voltage channels conducting the energy to the chakras of yoga.

Naturopathy : Naturopathy is an art and science of healthy living and a drugless system of healing. The morbid matter theory, concept of vital force and other concepts upon which Naturopathy is based are already available in old texts. The revival of Naturopathy started in India by translation of Germany's Louis Kuhne's book "New Science of Healing". Naturopathy is a system of man building harmony with the constructive principles and forces of Nature.

It has great health promotive, disease preventive and curative as well as restorative potential and effect.

Types of Naturopathy

1. Diet Therapy
2. Fasting Therapy
3. Mud Therapy

Unani System of Medicine

Unani : Unani system originated in Greece. The foundation of Unani system was laid by Hippocrates. In India, Unani System of Medicine was introduced by Arabs and Persians sometime around the eleventh century. Four humors balance theory.(Dam (blood), Balgham (phlegm), Safra (yellow bile) and Sauda (black bile).

Seven components makes human body. Mizaj (Temperament), Akhlat (Humors), Aaza (Organs), Arwah (Spirits), Quwa (Faculties), Afaal (Functions), Arkan (Elements). The Diagnostic process in Unani system is dependent on observation and physical examination. Any illness of a person is to be regarded as a product of: 1.The kind of temperament, and strength of faculties he has; 2.The type of factors operating on him from outside.

Unani medicine has the following main types of treatment.

- 1.Regimental therapy
2. Diet therapy
- 3.Pharmacotherapy
- 4.Surgery

Siddha System of Medicine

Siddha: Siddha system is one of the oldest systems of medicine in India. The term Siddha means achievements and Siddhars were saintly



persons who achieved results in medicine. The Siddha System is largely therapeutic in nature. According to its tradition it was Lord Shiva who unfolded the knowledge of Siddha system of medicine to his consort Parvati who handed it down to Nandi Deva and he then to Siddhas. This principles and doctrines of this system, have a close similarity to Ayurveda, with specialization in Iatro- chemistry. According to this system the human body is the replica of the universe and so are the food and drugs irrespective of their origin.

This system considers the human body as a conglomeration of three humors, seven basic tissues, waste products of the body (feces, urine and sweat). The Siddha system is capable to treating all types of disease other than emergency cases specially skin and venereal diseases.

Homoeopathy

Homoeopathy is the youngest of all these medicinal system, yet rapidly growing and is being practiced almost all over the world. The word 'Homoeopathy' is derived from two Greek words, Homois meaning similar and pathos meaning suffering. It is based on the natural law of healing- "Similia Similibus Curantur" which means "likes are cured by likes". It was given a scientific basis by Dr. Samuel Hahnemann (1755-1843) in the early 19th century.

During illness the whole person is in a state of imbalance. Homoeopathic remedies are potentized substances carrying information/ energy force that acts on vital force. Once that vital force is balanced, the person heals himself. Homoeopathic medicines are bio-energetic substances with similar resonance or vibration, matched to the person's state of imbalance.

Homoeopathic remedies are diluted beyond Avogadro's number so there are no chemical side-effects. Potentization= Highly diluting a substance in alcohol or distilled water, stirring it in fixed number of times in precise directions and striking a pestle against a mortar certain times. Two type of treatments 1. Acute, 2. Chronic

CONCLUSION

The term "Community Health" has replaced the term "Public Health" in many countries. It is because of the changing nature of Public Health that focuses on individual responsibility and community participation. Environment consists of two main components viz., internal and external environment. Purification of water: Impure water may be purified by two main methods, viz., natural methods and artificial methods. Air pollution in a community may be due to industrial process, Combustion, Motor vehicles & Miscellaneous.

Ventilation is the modern concept implies not only the removal of vitiated air and replacement of fresh air but also control of the quality of incoming air in relation to its temperature, humidity and purity with a view to provide a thermal environment that is comfortable. The common and very vital problems due to improper disposal of excreta are Soil pollution, Water pollution, Contamination of foods, Rapid fly breeding.

Housing is defined as 'physical structure that man uses for shelter and the environs of that structure including all necessary services, facilities equipment and devices needed or desired for the physical and mental health and the social well-being of the family and the

individual. Insecticides are defined as chemical substances, which are used to destroy the arthropods in the form of powder, liquid, gas, spray and painting with residual action.

Home health nursing is a nursing speciality in which nurse provides multidimensional home care to patients of all ages. The concept of home health care is to mean any type of care given to a person in their home. Home health care services includes various services such that. Family Health Services, Information Education and Communication, Management of Informative System, Maternal and Child Health Services. Treatment of Minor Ailments, Organising of Clinics, Camps and Waste Management.

Home Health nurses are in a unique position to assist clients who are disabled in obtaining services that will enhance adaptation

and promote growth. Home Health nurse performs Home Management of Common Minor Ailments. The home health nurse Implements the follow up order of physician. She provides nursing procedures like cold sponging if fever is observed in the family members. She performs wound dressing, carry out Steam inhalation, performs eye irrigation, provides Oral rehydration therapy, Treat minor illness, provides geriatric care, provides antenatal care, provides neonatal care, gives bed bath to disabled, provides range of motion and formal exercises to the bedridden and provides first aid. Department of Indian Systems of Medicine and Homoeopathy was created in March, 1995 and renamed as Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH). All these have been discussed elaborately in this chapter.

A-Z GLOSSARY

Whooping Cough (கக்குவான் இருமல்)	-	A contagious bacterial disease chiefly affecting children, characterised by convulsive coughs followed by a whoop.
Meningitis (மூளைக்காய்ச்சல்)	-	Inflammation of the meningeal covering of the brain.
Hepatitis (கல்லீரல் அழற்சி)	-	Disease characterised by inflammation of the liver.
Migraine (ஒற்றை தலைவலி)	-	A recurrent throbbing headache that typically affects one side of the head.
Eclampsia (எக்லம்ப்ஸியா)	-	A condition in which one or more convulsions occur in a pregnant woman suffering from high blood pressure.
Myocardial Infarction (மாரடைப்பு)	-	Commonly known as heart attack is life threatening condition that occurs when blood flow to the heart muscle is abruptly cut-off, causing tissue damage.
Rheumatic Heart Disease (கீல்வாத இதய நோய்)	-	Heart damage caused by rheumati fever.



Immunization (நோய் தடுப்பு)	-	The process of inducing immunity to an infectious organism or agent in an individual or animal through vaccination.
Female Foeticide (பெண் சிசுக்கொலை)	-	Is the abortion of a female foetus outside of legal methods.
Abuse (தவறாக)	-	Cruel or violent treatment of a person.
Trauma (அதிர்ச்சி)	-	Trauma is a very severe shock or very upsetting experience, which may cause psychological damage.
Mentally Challenged (மனநலம் குன்றியவர்கள்)	-	Mental retardation (MR), is a generalized neuro development disorder characterized by significantly impaired intellectual and adaptive functioning.
Cessation (நிறுத்துதல்)	-	The fact or process of ending or being brought to an end.
Delirium (சித்த பிரமை)	-	An acutely disturbed state of mind characterised by restlessness, illusions, fever and other disorder.
Dementia (டிமென்சியா)	-	A mental condition that affects especially old people causing the memory and other mental abilities to gradually become worse and leading to confused behaviour.
Alzheimer Disease (அல்சைமர்)	-	A disease that results in the gradual loss of memory, speech, movement and the ability to think. That is common in older people
Depression (மனஅழுத்தம்)	-	The state of feeling very unhappy and without hope for the future and that is common among older people.
Degenerative Disorder (சீரழிவு நோய்)	-	It is the result of a continuous process based on degenerative cell changes, affecting tissues or organs.
Occupational Therapy (தொழில் சிகிச்சை)	-	Therapy based on engagement in meaningful activities of daily life.
Asphyxia (மூச்சுத்திணறல்)	-	A condition arising when the body is deprived of oxygen, causing suffocation or death.
Pneumonia (நுரையீரல் அழற்சி)	-	Lung inflammation caused by bacterial or viral infection.



EVALUATION



I. Choose the correct answer:

- Emotional deprivation children are classified as
 - Physically handicapped
 - Psychologically handicapped
 - Mentally handicapped
 - Socially handicapped
- The inability to carry out certain activity is termed as -----.
 - Impairment
 - Disability
 - Handicap
 - Disease
- IQ between 50-70 is classified as which type of mental retardation
 - Mild
 - Moderate
 - Severe
 - Profound
- Which is a sign of dehydration?
 - excess urination
 - sunken tearless eyes
 - weight gain
 - moist mouth
- Breast milk only is given to the babies for how many months?
 - First eight months
 - First six months
 - First three months
 - First six months
- Life in Ayurveda is conceived as the union of body, sense, mind and -----.
 - Emotion
 - Spirit
 - Love
 - Soul
- Cough is a sign of different sickness that affects the following except
 - Throat
 - Lungs
 - Bronchi
 - Bones

II. Write short answer for the following questions:

- Define Home Nursing.
- Enlist the home health care services.
- What is meant by mental reatardation.
- Write the expansion for Ayush
- Write the types of Naturopathy.

III. Write short notes for the following questions:

- Write the concept of home health care.
- List down the purposes of home health care
- List down the principles of home health care.
- Explain the responsibilities of home health nurse in the care of challenged person.
- List down the contents of ORS and explain the preparation of ORS.
- Explain the outreach services of home health nurse.

IV. Answer the following questions in detail:

- Explain in detail about home care management of common respiratory problems.
- Discuss in detail the home care management of common digestive problems.
- Discuss in detail about AYUSH.

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