

The Role of Public Health Nursing in Community Health Services

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Abstract: *As people's standard of living improves, society places higher demands on the development and advancement of medicine, and at the same time, an increasing number of emphasis is being placed on the development and advancement of public health services. The main targets of public health services are individuals and families living in the community. In community health services, public health nursing is an important component and the current focus of community health services. Public health nursing plays a significant role in community health services, not only in maintaining and safeguarding the health of people in the community but also in enabling the widespread use and development of public health nursing in community services, thereby it can promote the quality of public health nursing in the community.*

Keywords: *Public Health; Community Services; Nursing; Health Services*

1. Introduction

With the continuous development and progress of community construction, community health services, as a requisite part of community construction, have attracted wide attention from the entire society. Providing public health nursing services to community residents and related personnel is among the services provided by community health services, which are dedicated to ensuring the physical health of community groups and solving community health problems, including medical care, mental health, rehabilitation treatment, disease prevention, etc. Community public health nursing staffs are key members in the realization of community public health nursing services. They are equipped with professional public health nursing skills and relevant knowledge and serve community groups as their service targets. They aim to safeguard community groups' physical and mental health. Starting from the overview and core tasks of public health nursing and based on the current situation of community public health nursing in China, the author purposefully verifies the effectiveness of public health nursing services based on three indicators of community public health nursing services in order to be able to give a little reference value to other research scholars.

2. Overview of Public Health Nursing

In recent years, public health nursing has become a hot topic of concern for the community, which is directly connected to the health of the community and reflects the quality of life of its citizens. Public health nursing services are provided to individuals and families in major community health settings and are aimed at addressing public health issues for the community through professional public health nursing knowledge and skills, helping the community to prevent various diseases and ensuring the physical and mental health of the community. At the same time, public health nursing staffs are an important element in the delivery of community public health nursing services, as they include the health status of community residents in a health database and collect and individual health and hygiene influencing factors, such as income, occupation, level of education, living conditions, health awareness, etc.

The aim of public health nursing practice is to use professional public health nursing knowledge and skills to incorporate community-based health data into a database, to provide timely and quality public health services to the community, and to actively promote knowledge related to public health nursing to enhance public health awareness and health consciousness of the community and improve the health status of the community [1].

In essence, public health nursing is purposeful and organizational, combining theoretical knowledge of public health and professional nursing and a comprehensive and holistic approach to work [2]. The community-based public health nursing services, such as disease prevention, health promotion, psychological counseling, and rehabilitation, have been developed to meet the needs of the majority of the community.

Public health nursing staff are the implementers of public health nursing services and are an important component of public health nursing services, acting as a link and bridge between public health nursing services and the groups receiving them. Most public health nursing staffs specialize in a number of areas, such as the prevention and care of infectious diseases, maternal and child health care services, school health services, etc. Therefore, they can provide a wide range of public health nursing services to community groups and meet community residents' daily health nursing needs [3].

3. The Core Mission of Public Health Nursing

Public health nursing services can be divided into three main types: health promotion, disease prevention, and health protection, which are also the core components of public health nursing services. In the public health nursing system, health promotion is the basic element of public health nursing practice and is the central part around which all other types of public health nursing services revolve. Disease prevention aims to protect the health of susceptible people and effectively prevent the spread of infectious diseases by cutting off the possible transmission routes. Health protection, on the other hand, is about improving the environment of public places and limiting, as far as possible, the factors that affect the health of the community through professional public health nursing skills and knowledge in order to protect the health of the public and improve the health of the community.

3.1 Health Promotion

Health promotion is a requisite part of the implementation of public health nursing, the aim of which is to ensure that public health policies are consistent with the factors affecting the health of the population in public places, to effectively improve the environment in which people live, to reduce the factors that may threaten their physical and mental health, and to constantly optimize and adapt public health services to the local context [4]. The local government is also involved in the process of optimizing and adapting public health services to the local context so that each individual has access to quality public health nursing services [5]. In this regard, the local government should support and encourage the implementation of public health nursing policies, accurately assess and take effective action on factors that may threaten the physical and mental health of the community, and assess the public health nursing situation in the community, taking into account the community's own characteristics and foundations, so that the community's own strengths can be brought into full play as far as possible to meet the different health needs of the community [6]. The community's own strengths can be exploited to the fullest extent possible to meet the different health needs of the community [7].

3.2 Disease Prevention

Disease prevention is an important part of public health nursing, and its main target is vulnerable people to maximize the spread of infectious diseases and effectively safeguard people's health [8]. At present, in community public health nursing services, the important elements of disease prevention are reproductive diseases, sexual diseases, chronic diseases, food poisoning, psychological diseases, etc. There is no doubt that in a public place such as a community, groups of residents are of different ages, occupations, and personalities, and the groups they come into contact with daily are also different. Therefore, in community public health nursing, the nursing staff must be aware of all kinds of disease prevention to effectively safeguard the physical and mental health of all age groups in the community [9].

3.3 Health Protection

Health protection is an important purpose in public health nursing and is a principle that nursing staff must follow when implementing public health nursing services. Currently, the main components of health protection in community public health nursing are prevention of communicable diseases, protection from accidental injuries, environmental health, and first aid [10]. Community public health nursing staff should keep abreast of the overall environment of the current community and the overall

health status of the community population, and formulate disease prevention measures and management control measures scientifically and efficiently for infectious diseases that may appear in different seasons and common infectious diseases so that the prevention of infectious diseases can be carried out in an orderly manner in the community. In addition, community public health nursing staff should also effectively formulate relevant laws and regulations to avoid possible accidental injuries according to the current situation of various buildings and facilities in the community. As an example, public health nursing staff should promptly request community managers to regularly inspect the facilities in public places and replace unsafe facilities and old equipment to prevent accidental injuries to the greatest extent possible [11]. Community health nursing staff should also actively promote a healthy and safe community environment, regularly promote environmental protection and raise awareness of environmental protection, health and safety among the community to prevent environmental factors from threatening the physical and mental health of the community. In order to maintain the physical and mental health of the community, public health nursing staff should also be equipped with professional first aid knowledge and skills to deal with public health emergencies in the community and provide first aid and trauma intervention services.

4. Effectiveness of Public Health Nursing Services

Three main dimensions can be used to measure the effectiveness of public health nursing services: traditional health status indicators, quality of life indicators, and health determinants.

4.1 Traditional Health Status Indicators

Traditional health status indicators are used to understand the effectiveness of public health nursing services at a macro level through three percentages: birth rate, mortality rate, and morbidity rate. These three figures are usually used for demographic purposes and provide a direct indication of the level of health quality of the population.

4.2 Quality of Life Indicators

In the current social context, people have solved the problem of food and clothing and are focusing more on improving the quality of life. As a result, quality of life has become an important indicator of people's physical and mental health today, especially as a direct reflection of the mental outlook of the contemporary community. Quality of life indicators comprises three main dimensions: feelings, functioning, and expectations. Feelings refer to the subjective perception of the external environment, function refers to the individual's ability to function normally, and expectations refer to the individual's attitude towards future development and the evaluation and prediction of his or her own ability to function. Among the indicators of quality of life, the dimension of expectation directly reflects the level of mental health and the individual's attitude towards life [12].

4.3 Health Determinants Indicators

The factors that can determine the system in public health nursing services are known as health determinants. Typically, health determinants include environmental, behavioral and physical factors. Environmental factors include not only the social and economic environment but also the cultural environment, which can have an impact on the physical and psychological well-being of individuals. Behavioral factors refer to the way individuals behave and think, and different individuals have different behavioral and thinking styles. Good behavior and thinking patterns can lead to better physical and mental health; therefore, behavioral factors are an important element in influencing an individual's physical and mental health. In addition, physical factors, without a doubt, directly determine an individual's physical health and determine an individual's health.

5. Conclusion

In summary, public health nursing services are important in community construction and are a significant part of the community construction chain. The community, public health nursing service system, takes the community as the unit, takes the individual of the community, and the family as the service object. Its purpose is to ensure the community's individual and family's health, solve the community's health and safety problems, satisfies the community group's health and safety needs. In

community construction, the scope of public health nursing services is wide, which not only covers health knowledge promotion, medical care, rehabilitation treatment, and disease prevention but also requires public health nursing staff to have professional first aid knowledge and skills to be able to face and solve all kinds of community health emergencies with ease.

It is clear that as an important part of the community health service system, community health nursing services are directly related to the health and safety of the community. Therefore, improving the level of community health nursing services is the only way to effectively improve the quality and effectiveness of community health services. With society's continuous development and progress, community public health nursing services are receiving a mounting amount of attention from society, which is directly related to the physical and mental health of the people and their quality of life. In this way, we can effectively serve the community, meet the community's different health needs, and truly protect the health of individuals and families in the community.

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