

Facilitator's Guide: Community Health Nursing: A Practical View

The exercises and discussion questions in this Guide are meant to complement the viewing of this video program. Facilitators can select various exercises/questions to suit the particular context. Exercises can be completed individually or discussed in groups.

1. Write the words "Community health nurse" in the middle of a blank piece of paper. Write all of the words or phrases which you associate with this phrase. Discuss as a group common themes which emerge from this exercise. Compare these themes with various definitions and descriptions of community health nurses in your textbook, and/or in the Canadian Community Health Nursing Standards of Practice document (available at: www.chnac.ca).
2. Why are community health nurses so strategic in terms of their contribution to the health of populations?
3. What are the advantages of using the term "community health nurse" to refer to the many types of nurses working in the community – occupational health nurses, parish nurses, outpost nurses, home health nurses, public health nurses...? What might be some of the difficulties in using this term to refer to all of these nurses?
4. Think of some examples of how a home care nurse starts with a "close up lens" and moves to a "wide angle lens"(referred to in the video and discussed in the Canadian Community Health Nursing Standards of Practice document).
5. Think of some examples of how a public health nurse starts with a "wide angle lens" and moves to a "close up lens" (referred to in the video and discussed in the Canadian Community Health Nursing Standards of Practice document).
6. Choose one or two models of community health nursing practice and discuss how these models shape the practice of community health nursing.
7. Discuss clinical examples of each of the 5 standards of community health nursing practice.
8. Interview a community health nurse about the nature of his or her practice in the community.

9. In the video, one of the advantages mentioned in terms of rural community health nursing is the fact that the community members are closer to one another, know each other....What are the challenges associated with this for the community health nurse?
10. In the video, “invisible groups” within the community are referred to, in terms of the difficulties inherent in accessing such groups, especially in an urban setting. What might be some examples of such groups? How can the community health nurse facilitate: a) their voices being “heard” and b) their access to nursing services?
11. What are the advantages of bring community health nursing services close to where people live out their daily lives? What are the challenges?
12. Why is it important to have maximum community input into identifying and developing programs designed to impact positively on the health of communities? How can the community health nurse facilitate such involvement?
13. Think of an issue of concern to the public’s health in your own community. Who might the community health nurse partner with to address this issue? What sectors or disciplines are involved?
14. Compare and contrast the daily activities of a public health nurse with that of a home care nurse. What skills might each of these nurses need in order to effectively carry out these activities?
15. In the video, examples are given of the community health nurse working in the following roles. Think of additional examples of activities for each of these roles. Which roles would you feel comfortable in and why? Which roles might you not feel comfortable in and why not?
 - Educator
 - Care Provider
 - Consultant
 - Coordinator
 - Facilitator
 - Evaluator
 - Social Marketer
 - Policy Maker
16. What would be the differences in enacting the educator role with individuals as opposed to groups?

17. What challenges do you think might be inherent in working with an interdisciplinary team in the community? What might be the advantages?
18. Interview the following people about their role in contributing to the health of community members:
 - A nutritionist
 - A social worker
 - A physiotherapist
 - An occupational therapist
 - A child care management specialist
 - A Child Protection worker
 - A Pharmacist
19. In the video, helping people to “think upstream” with respect to health problems is raised as a challenge for community health nurses. What strategies might the nurse employ to deal with this challenge?
20. What are the advantages of nursing practice conducted in a home setting as opposed to an institutional setting?
21. Why is it important to have a strengths-based approach to nursing practice in the community? How can the community health nurse operationalize this in his/her nursing practice?
22. What are the advantages of adopting a “community as partner” stance in community health nursing practice? What strategies can the community health nurse employ in order to adopt this stance?