



# COMMUNITY HEALTH

*Course Materials*

*Unit II*

*Compiled by*

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# Unit – II



**Health work in the community:** Major health problems related to women and children; Socio Cultural Practices, beliefs and myths influencing community Mental health; Assessing community needs, Mobilizing core groups and community participation: Training of multipurpose workers in community health programmes.

# Major Health Problems Related to Women And Children

The problem affecting the health of mother and child are multi-factorial. Despite current efforts, the health of mother and child still constitute one of the most serious health problems affecting the community.

## **Women relate Health Problems**

- Anemia
- Pre natal and post natal problems
- Nutritional deficiency
- Toximas
- Tetanus
- Syphilis
- RH status
- HIV infection
- Menstrual problems
- Ovarian cyst
- Premenstrual Syndrome



## Child related problems

- Low birth weight
- Malnutrition
- Infections and parasitizes
- Accidents and poisoning
- Behavioural problems
- Communicable diseases and vector borne illness.
- Neonatal causes
- Children displaced or separated
- Heath System Resilience and Response
- Community Resilience




## Socio Cultural Practices, beliefs and myths

- Religious and spiritual practices
- Medical treatment practices
- Forms of artistic expression
- Dietary preferences and culinary practices
- Cultural institutions
- Natural resource management
- Housing and construction
- Childcare practices
- Governance, leadership, conflict resolution
- Power relationships
- International cultural practices
- "Everyday life" practices (including household relationships)

# Assessing community needs

- Developing a Plan for Assessing Local Needs and Resources
- Understanding and Describing the Community
- Conducting Public Forums and Listening Sessions
- Collecting Information About the Problem
- Analyzing Community Problems
- Conducting Focus Groups
- Conducting Needs Assessment Surveys
- Identifying Community Assets and Resources
- Developing Baseline Measures
- Conducting Concerns Surveys

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- Determining Service Utilization
  - Conducting Interviews
  - Conducting Surveys
  - SWOT Analysis: Strengths, Weaknesses, Opportunities, and Threats
  - Qualitative Methods to Assess Community Issues
  - Geographic Information Systems: Tools for Community Mapping
  - Leading a Community Dialogue on Building a Healthy Community
  - Creating and Using Community Report Cards
  - Using Public Records and Archival Data
  - Implementing Photo voice in your Community
  - Windshield and Walking Surveys

# Beliefs and Myths influencing Community Health

- Myths and beliefs have existed ever since societies began
- The role of such myths in governing the health and health seeking behaviour of people is quite explicit
- False perceptions have undoubtedly an impact on the health seeking behavior
- People coming from health care services and are unable to afford specialized medical care
- This gives rise to alternative health seeking behaviours
- A considerable majority of people prefer to go to spiritual healers, quacks and other non-formal health provider for the treatment of their ailment



- Mental illness is a God's punishment for past sins.
- Keeping fast and visiting holy shrines can cure mental illness
- Its affect anybody in any situation and in both gender
- There is no treatment in science for community mental health
- Spiritual remedies will cure mental illness and through community mental health services
- Stigma and labeling the patient family
- Perceived as frightening, shameful, imaginary, feigned and incurable
- Separatism
- Stereotyping
- Restrictiveness
- Pessimistic prediction

# Assessing community needs Mobilizing core groups

- Identify and assemble a diverse community team
- Development of a team strategy
- Identify the scope of the assessment
- Select sites
- Identify the key informants
- Making a team decision
- Identify assets and needs
- Priority needs
- Development strategic plan
- Community Action
- Monitoring and Evaluation community programmers

# Community Participation

Health can never be adequately protected by health services without the active understanding and involvement of communities whose health is at stake.

The individual and community responsible are complementary not antithetical

- Planning
- Implementation
- Utilization
- Operations
- Evaluation

# TRAINING OF MULTIPURPOSE WORKERS IN COMMUNITY HEALTH PROGRAMMES

The concept of Multipurpose Health Workers (Male and Female) was introduced in 1974 for the delivery of preventive and promotive health care services to the community at the level of Sub-Health Centres (SHCs)

- The Multipurpose Health Worker is the grass root health functionary for
- The control of communicable diseases including Malaria
- TB
- Leprosy
- Water Borne Diseases
- Environmental Sanitation
- Detection of disease outbreaks and their control
- Health education etc

- Impact effectiveness.
- Cost-effectiveness of CHW programmes.
- Managing CHW programmes.
- Recruitment and selection.
- Initial and continuing training.
- Supervision and support.
- Governance, ownership and accountability.
- Community participation.
- Relationships with the formal health services.
- Incentives.
- Volunteers versus paid workers

# References

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