

This assignment will firstly discuss what is community nursing in a health and social care setting in today's society, also taking a look on how it has changed over time focusing both on the positives and negatives, secondly exploring the definition of a paradigm taking an in-depth insight of how care has evolved. Furthermore, how care impacts to those who are 'at risk' and how individuals are being affected, and lastly it will look at legislation, policy, best practice and theories relating to mental health and wellbeing.

Firstly, community is a word used to describe the title of being a community health care nurse, Ikeda centre for peace, learning and dialogue (no date) state that: 'A Community is a collection of people who interact with one another whose common interest or characteristics gives them a sense of unity and belonging... includes its members sense of belonging and shared identity, values, norms, communication, and supporting behaviours.' Furthermore, a communities three features are Location, Population and the Social System.' (Ikeda centre for peace, learning and dialogue, no date)

The main functions of being nurse is caring for people who are physical or mentally impaired, this includes the process of the nursing role: 'planning, implementation, and evaluation to ensure the adequacy of the health system for promoting health, preventing illness, and caring for ill and disabled people.' (International Council of Nurses, 2019)

In the era of the 1900's all healthcare took place in charities and empty buildings, the only piece of legislation that was in place in 1843 was the Poor Law to protect people in need of medical attention. The National Archives state that the workers of the workhouse received medical care from professionals although they would have to pay a certain amount of their workhouse wage to only approved societies which the fee was not capped. (The National Archives, no date) before the national health care service, healthcare in the Victorian times were accessible depending what class they were in, decided by society. The classes formed groups for people by those who had the most money and material belongings and property, they include: working class: this group is mostly people who have low educational drive and have been employed in a practical job other than an intellectual job for people who are university educated. Next up from working class, is the middle-class group: this is an individual who has completed a university education and has a more intellectual job rather than a practical based job. In comparison, the intellectual jobs get a high rate of pay than the more practice-based job. Then the highest class is the elite class, with their wealth they control the systems and hold the power in society. Healthcare during the Victorian times was

difficult to access if the person did not have an economical status. (revise sociology, 2016)

The lack of healthcare affected the sense of community.

Florence Nightingale was a social reformer and founder of nursing. In the war (1853-1856) She helped injured soldiers in the war, giving her the nickname 'the lady with the lamp'. Her undevoted care lessen the hospitals death by two thirds. Her love and undevoted compassion were recognised and amazed the public. She carried on her great act of kindness by improving the hospitals, doing special dietary requirements, providing a laundry service, classrooms and libraries. In 1860 she opened a nursing school in London, she also trained nurses in the workhouse. She went on to win a massive cash prize from the government and was awarded with a 'Nightingale Jewel'. Furthermore, she went on to publish a book about care and hospitals. Her exceptional work is still highly recognised today in modern society. (Karimi, H and Alavi, N.M., 2015)

The kings fund (2019) researched the key moments throughout history for community health care. They have formed a timetable starting from 1948 when the national health service was introduced into the community. This meant that the health services of the community were left in the hands of local government. (kings fund, 2019)

After the NHS was launched in the community, in 1962 an individual stated the need to expand the distribution of care to the needs of people in the community. This issue had continued in 1965, a report was issued to tackle the effectiveness of teamwork among the health services in the community. The report was named the Seebohm community (kings fund, 2019)

In 1974, the kings fund (2019) stated that the authority of the health services was transferred to the national health service to overcome the gap between community and hospital facilities. They also created the area health authorities, the roles included: joint planning, committees, and a connection with the local governments. (kings fund, 2019)

In 1987, the new authorities have developed teams of people who are working together for national health service they include: doctors, health visitors, and community nursing. (kings fund, 2019)

Not long after, in 1989 the national health service and local authority work together to provide healthcare to the community as part of the national health care service's community trusts (kings fund, 2019)

In 2000, the NHS introduced a plan for reform the primary and community services for example, they formed 500 care centres for immediate care for people who need it. (Kings fund, 2019)

The timeline had started in 1948, now it will continue through to the more recent years of society. In 2012, new legislation for health care services was introduced, it was called the health and social care act (2012) it was first enacted in 2013 in April. The act eliminated the national health services primary care trusts. It was a big change to the system when it was first formed in 1948. The King's Fund (2019) think that the act has transformed the national healthcare service for the better. The changes include: clinical commissioning groups, quality regulation, health and wellbeing, improving public health, economic regulation, includes providers like primary, community and specialised care in the healthcare services. (Kings fund, 2019)

To be employed as a state registered nurse, the person would undertake three years of study in the Queens Institute Liverpool and receiving a certificate as a state registered nurse, it would allow only women to become a district nurse and not men. (Royal College of Nursing, 2019). District nursing would focus on the poor run by voluntary and some government, and salaries were funded on the rates. The uniforms would be a 'gabardine cap and coats, a starched apron and collar'. All their equipment pre-sterilised including 'rubber catheters and full enema equipment, rubber gloves, lotions' would all be passed in two different bags. In today's society the difference in nursing can be seen, gone are the days where you see nurses with paper clipboards with your medical notes on, all these are now done electronically. And male nurses were rarely seen as most nurses were women. Nurses and patients were allowed to smoke in the hospital, and back then cancer was a word no one spoke about as this illness was so rare and uncommon. The role of the district nurse is still the same as in today's society seeing more patients being treated outside the traditional hospital. The point is to release some of the work load from GP's and hospitals, the role of a community/ district nurse is as follows: the most basic skills that nurses can be expected to deliver are: checking temperature, blood pressure and breathing, administering injections, assisting doctors with examinations and procedures, dressing wounds, and looking drips. (Nursing times, 2018). The nurse must be able to adapt and transfer the skills they have developed in a hospital environment to a home, or community health care. This is important because the individual should feel safe, and comfortable in the hands of the nurse. Another skill is that the nurse needs to have self-awareness, and awareness of the patient's feelings and their relative's. This could offend the patient receiving the care and their view of community care could be tainted in a negative way. Additionally, the nurse would

have to have confidence in their selves and their abilities to establish and maintain meaningful connections with their clients, their clients could feel confidence to be truthful and receive the best possible care from the nurse. A nurse should be able to participate with other services effectively, this is paramount to a person's care, one service does not meet all of their needs. For example, social services, emergency services, and counsellors. This is to ensure the health and welfare of the community. A nurse should use their status as a platform to educate and guide the patient on their physical and mental health issues to attempt to prevent anymore distress and upset for the individual.

This process involves the person, family and community, Community nursing is a mixture of clinical nursing with communal health elements where nurses work at the individual's homes to ensure health care. (Nurse Key community care, 2018) a public body acknowledges that community nurses can be stretched to different parts of the health and social care sector:

‘Community nurses work closely with GP's, social services, hospitals and other healthcare staff to provide a service tailored to meet individual needs. The service helps patients cope with ill health and disability, thus allowing them to have the best possible quality of life, while maintaining dignity and respect’ (Public Health Agency, 2018).

Community Nurses are employed to look after individuals that do not have immediate access to a hospital, however, barriers could arise between the person and their physical and mental health.

Abraham Maslow was an American psychologist, he is best known for his theory called the hierarchy of needs. His theory is about human needs, it has five stages: at first you have physical needs: breathing, food, water, sex, sleep and excretion then follows have safety needs: this is protection from fear, security, freedom and stability. Next would be love and belonging: this stage is when a individual builds stable relationships for example they experience things like intimacy, trust and affection. The next stage is about a person's esteem this is when someone achieves independence and status from others. The last stage is called self-actualisation, Maslow stated ‘to become everything one is capable of becoming’ (Simply Psychology)

The world health organisation (2014) states that a person's health is made up of four main points they are: physical, mental and social well-being. The world health organisation (2014) has expanded on the broad explanation of health, they state that Mental Health and well-being are defined as ‘a state of well-being in which every individual realizes his or her own potential,

can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community' (World Health Organisation, 2014).

Additionally, dating back historically, community nursing was somewhat different. If an individual was dammed as mentally ill, they would be hospitalised and isolated from other members of the community (Spicker, P. 2008 p57-58). Some would never have Carmarthen had their very own asylum named St. David's hospital, opened in 1865 until the millennium 2000 were males and females were separated on east and west sides. It was a great building with spectacular views of the town, and the patients would have their own jobs such as carpenters, tailors, shoemakers and painters. However, despite many wards added to the building, over many decades however, the concerns of overcrowding, deaths, spiralled causing the hospital to alliance with the NHS. Furthermore, After the death of a patient was investigated it was highlighted that the hospital was very much of a poor condition with standards reduced to poor management, and overcrowding. Additionally, in the 1970's a department welfare was set up meaning more care in the community was provided (County Asylums, 2018).

However, in this day and age there does not seem to be as much help and support for people with mental health. There seems to be a massive increase in suicidal tendencies in both men and women. People are still taken to St David's hospital in Carmarthen, however it seems once an assessment has been carried out on the individual they are released back into the community without the relevant care and support needed. Community nurses will visit the individual once or twice however that tends to fade off for the individual to seek their own help if needed however a major shift in policy and practice within government was recognised and individuals with mental illnesses were allowed back into the community with support of care. 'essential services include community psychiatric support, to enable continued health care and medication; social support, to counter the problems of social exclusion associated with mental illness; accommodation, including access to ordinary housing, and the provision of a range of supportive residential units, including half-way houses and staffed group homes. (Spicker, P. 2008 p57-58).

Times have changed from the past to the present with rapid increases in the way nursing has changed. In today's society people are living longer, life expectancy has increased by thirty six percent and females has increased to twenty two percent. However, the

government states that by 2031, people aged over 65 would be the main people using healthcare, such as community nurses. The demand will increase for people needing more health care at home/ and also the number of people needing residential care in care homes.

Bristol community health (no date) state that the importance of developing and maintain the strength of the health care systems and the community health care profession because they hope to prevent isolation because of the persons health restrictions affect their access healthcare. they believe that everybody should have positive human contact, care, healthcare and compassion. (Bristol community health, no date)

According to the campaign for loneliness (no date) there are nine million individual's that are experiencing loneliness in the United Kingdom currently. Furthermore, they say that 'the effect of loneliness and isolation on morality is comparable to the impact of well-known risk factors such as obesity and has a similar influence as cigarette smoking.' (campaign for loneliness, no date).

In conclusion, this essay explored the concepts and ideas of community care nursing. It defined what community is, the history of nursing and the paradigms of what nursing once was to how it is now. It discussed Florence Nightingale and her exceptional work still highly recognised in contemporary society today. Additionally, it highlights the NHS going through the different stages. Furthermore, focusing on the job roles of community nursing, and how Maslow's hierarchy needs of theory links in. lastly, discussing mental- health and well being of individuals and how it has changed over time with a positive outlook. Community health care nursing is a positive part of society, they enable to individuals to gain healthcare in the comfort of their own home while they are unable to travel or access healthcare any other way. The particular nursing title reaches out to individuals who may be hard to reach by the local authority. Abraham Maslow's hierarchy of needs theory directly relates to community health care nursing, if an elderly person, living on their own with no family or friends to support them then this is where the community health nursing comes in and it can be either the private sector or run by the local authority. If the person is not eligible for this type of care, then according to Maslow their first initial needs are not met, they are called physiological needs. additionally, this could lead to a negative impact on their life, they would be left to fend for themselves without support. It is important to realise that

Maslow's theory can be interpreted differently by each person. As every individual are different so are their circumstances. Throughout the essay, it has been established that community health care nursing is vital to community health, and community is socity.

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