

Essentials
Community Health Nursing

of

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اساسيات
تمريض صحة المجتمع

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Unit One

Introduction to Community Health Nursing

Concept of Health

The World Health Organization reflected a holistic perspective in its classic definition of multidimensional health as a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.

“Health is a state of physical, mental and social well-being and the ability to function and not merely the absence of illness and infirmity”

What is health?

We all know it when we feel it, but how do we know it?

Is there an absolute level of health?

How do we know it when we see it in another person?

If a person can walk and talk, can they be considered healthy, even if they can't do anything else?

Or is it necessary that they reach a fixed level of performance before being considered healthy?

The World Health Organization (WHO) defined health not merely as the absence of disease, but as” *a positive state of complete physical, social and mental well being.*

Concept of disease

Disease can be defined as changes in individuals that cause their health parameters to fall outside the range of normal. The most useful biologic yardsticks for normalcy relates to the individual's ability to meet the demands placed on the body and to adapt to these demands or changes in the external environment so as to maintain reasonable constancy of the internal environment. Thus the maintenance of internal conditions within fairly narrow limits is an essential feature of the normal body.