

COMMUNITY HEALTH NURSING

CHAPTER -9

MINOR AILMENTS

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MINOR AILMENTS

INTRODUCTION

- Community health nurse is responsible to provide primary health care in the community.
- Treatment of minor ailments and emergencies is an important component of community health nursing.
- Nurse should be able to identify the signs and symptoms of patient and treat them according to the standing orders.
- Minor ailments indicate slight illness and emergencies of smaller nature.

DEFINITION

- ▣ It is defined as conditions that will resolve on their own and can be reasonably self diagnosed it includes common conditions such as fever, cough, sore throat, eye infection, skin rashes, anemia, etc.

PRINCIPLES OF MANAGING MINOR AILMENTS

ENSURE SAFE AND HEALTHFUL ENVIRONMENT TO THE PATIENT.



TREAT THE RISK OR INJURED PERSON PROMPTLY TO PREVENT ANY POSSIBLE COMPLICATIONS



IN CASE OF INFECTIOUS DISEASE ,TAKE APPROPRIATE PRECAUTIONS TO PREVENT THE SPREAD OF INFECTION.



KEEP CONTINUOUS WATCH OVER THE PATIENTS AND VITALS SIGNS DURING THE PERIOD OF CARE.



HELP THE PATIENT TO GET WELL SOON AS POSSIBLE.

USE THE APPROPRIATE OPPORTUNITIES OF HEALTH EDUCATION DURING CARE.



ALWAYS REMEMBER THE LIMITATION IN PROVIDING THE TREATMENT ON FOLLOWING THE PHYSICIAN.



HELP THE FAMILY MEMBERS IN COPING WITH THE SITUATION AND PREPARE THEM FOR TAKING CARE OF SICK AT HOME



RESPECT THE BELIEFS OF PATIENTS .

CLASSIFICATION OF MINOR AILMENTS

- ❖ GENERAL MINOR AILMENTS
- ❖ SYSTEMIC MINOR AILMENTS

GENERAL MINOR AILMENTS

- It includes common accidents and emergencies
Which need immediate first aid.
- In this category ,injuries, falls, burns , diarrhoea ,
fainting will be present.

SYSTEMIC MINOR AILMENTS

- ▣ It includes the smaller ailments which affect the various system of the body.
 - a. Eye : eye accidents, foreign bodies, infections, poor eye sight, dry eyes.
 - b. Ear : earache, temporary deafness, discharge, foreign body.
 - c. Respiratory tract : common cold ,sore throat , cough, chest pain.

c. Cardiovascular system : rheumatic heart disease, anaemia.

d. Digestive system :
diarrhoea, vomiting, abdominal distension.

e. Urinary system : urinary retention, renal stones,
urinary infection.

f. Neuro muscular system : head ache, back ache
convulsions.

g. Reproductive system : heavy bleeding, or any
discharge from genitals , breast lump.

MANAGEMENT OF MINOR AILMENTS

- ▣ Assessment – taking history.
- ▣ Performing quick physical examination .
- ▣ Finding the cause ,making the diagnosis and planning for care.
- ▣ Providing the treatment and nursing care .
- ▣ Evaluating the care and condition of the patient – if the outcome is successful ,plan for follow up.
- ▣ If condition does not improve or serious signs – refer to hospital