

# COMMUNITY HEALTH NURSING THEORIES

## Environmental Theory Concepts

- Ventilation and warming
- Light and noise
- Cleanliness of the area
- Health of houses
- Bed and bedding
- Personal cleanliness
- Variety
- Offering hope and advice
- Food
- Observation

## Health Belief Model Concepts

- Perceived Susceptibility - One's opinion of chances of getting a condition
- Perceived Severity - One's opinion of how serious a condition and its consequences are
- Perceived Benefits - One's belief in the efficacy of the advised action to reduce risk or seriousness of impact
- Perceived Barriers - One's opinion of the tangible and psychological costs of the advised action
- Cues to Action - Strategies to activate "readiness"
- Self-Efficacy - Confidence in one's ability to take action

## The Health Promotion Model Concepts

- Individuals seek to actively regulate their own behavior
- Individuals interact with the environment, transforming the environment and themselves over time
- Health professionals constitute a part of the interpersonal environment that influences people their life span
- Self-initiated reconfiguration of the interaction with the environment is essential to changing behavior

## Self-Care Deficit Theory

- People should be self-reliant and responsible for their care, as well as others in their family who need care
- People are distinct individuals
- Nursing is a form of action & an interaction between two or more people
- Successfully meeting universal and development self-care requisites is an important component of primary care prevention and ill health
- A person's knowledge of potential health problems is needed for promoting self-care behaviors
- Self-care and dependent care are behaviors learned within a socio-cultural context