

Q

A

CHNIG Q&A:
NARRATIVES
FROM
PUBLIC
HEALTH &
COMMUNITY
HEALTH
NURSES



Have you ever wondered what a community health nurse (CHN) is, or what their role encompasses?

If so then this infographic is for you!



Topics Covered!



What does Community Health Nursing encompass?



What skills are important for a CHN/ Public Health Nurse (PHN)?



How can students become more involved?

And Much More!



What is Community Health Nursing?

Community health nursing is known as one of the earliest models of nursing within Canada (Stamler, Yiu, Dosani, Etowa & Van Daalen-Smith, 2020).

CHNs work with patients in their own communities, such as their places of employment as well as worship, homes, and leisure to promote individual and community well-being (Community Health Nurses of Canada [CHNC], 2009).

CHN is a synthesis of nursing theory and public health science.

Community Health Nursing

- CHNs review data to determine which demographics within their community require the most immediate assistance in accessing healthcare resources
- CHNs support the health of communities by using a capacity-building approach. They address determinants of health by advocating for equitable access to a variety of services and coordinate programs with communities.

Public Health Nursing

- Public health nursing is a branch within community health nursing
- PHNs use their knowledge to review provincial and national level health data to make conclusions regarding health trends
- PHNs primary focus is on preventative health education
- It provides an opportunity to work, and to build long-term therapeutic relationships with an entire client population

WHAT SKILLS AND ATTRIBUTES MAKE A SUCCESSFUL CHN/PHN?

"A recognition of the interconnectedness of every facet of society."

"Willingness to continuously challenge your own beliefs and perceptions of the world."

"Public Health knowledge, flexibility, system transformation, collaboration with other partners, and empowering others."

"Empathy, experience, and knowledge of resources"

"Advocacy skills, patience, the ability to recognize inequities, and being aware of community resources"

"Building nurse patient relationships are key to success. Sometimes it is this relationship that is the intervention"



WHAT ARE YOUR REASONS FOR PURSUING A CAREER AS A PHN/CHN?

"I enjoy collaborating with different sectors, work/life balance attainable with evenings and weekends off depending on role/position, and many opportunities for growth and learning."

"I believe the focus on health promotion and addressing the determinants of health will help facilitate better outcomes for individuals, groups, and communities. The work is very rewarding."

"For me, pursuing a career in public health was about having the biggest impact on the largest group of people I could. In public health, your community, your workspace and everyone who lives in your community, is your client."



WHAT ARE YOUR REASONS FOR PURSUING A CAREER AS A PHN/CHN?

"I have a passion for teaching, working with children and families, as well as community engagement."

"I was very interested in health promotion and working upstream to help create healthier environments and behaviours and a nursing friend informed me that nursing would open up many doors for me in health promotion. It's not something I would have otherwise considered so I'm very grateful that I had this connection - this side of nursing is not very well known or understood."

"The focus on health promotion and addressing the determinants of health will help facilitate better outcomes for individuals, groups, and communities. The work is very rewarding, enjoy collaborating with different sectors, work/life balance attainable with evenings and weekends off, and many opportunities for growth and learning."

WHAT ARE YOUR REASONS FOR PURSUING A CAREER AS A PHN/CHN?

"Connections with clients outside of a hospital setting. Meeting them where they are."

"When I was in nursing school, I always knew that I would work in the community. I believe in advocacy, making connections, and addressing disparities. As soon I learned about the Social Determinants of Health I was driven to partner with clients and community agencies to address public health issues. I am a people person who wanted to make connections and share in the lived experiences of my clients. I wanted to go beyond the walls of the hospital and address the needs of individuals in the community to promote positive health outcomes."

MEANINGFUL EXPERIENCES YOU'VE HAD IN YOUR ROLE AS A CHN/PHN?

"I supported a client in quitting tobacco use and supporting her in gaining college admission."

"Empowering others to grow to their full leadership potential"

"Staying on the line with someone, in a mental health crisis, for 3 hours until she was found by police."

"When I worked on a Pilot Project. This was a special time in my career because we were given access to more resources than we normally had, and we were given special powers to make experiences for families and children extra special. I worked with an interdisciplinary team that met regularly and had really amazing people on the team. I would say in this model of nursing we made real differences and built true resiliency among children and families."



What Is The Greatest Health Disparity That You See & Believe Nursing Students Should Be Aware Of?

"The most significant health disparity facing any one client is what they tell us their immediate needs are. Our clients are the experts of their own lives and what we may think is the greatest disparity facing them may not be what they need."

"Many health disparities that limit/are barriers to accessing health information, programs and services, and financial supports that require further attention and advocacy: race and ethnicity, gender, disability, geographic location, socioeconomic status, etc."



How Can I (As a Nursing Student) Get Involved?

E

Enroll to be part of the CHNIG Student Group

N

Network with Public Health/Community Health Nurses

G

Get involved with community health centres in your community (i.e., food banks)

A

Attend conferences and webinars

G

Gather research on factors impacting the health of people living in your community

E

Explore nursing student opportunities with Public Health agencies



CHNIG STUDENT COMMITTEE

If you would like to learn more about community health nursing and join a student committee engaging nursing students across Ontario, please email CHNIG at:

communications@chnig.org

CHNIG GENERAL INFORMATION

If you would like to learn more about CHNIG and the work that they do, please visit:

<http://www.chnig.org/>