Primary Health Care Nursing in Cyprus

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What is Primary Health Care?

Socially appropriate, universally accessible, scientifically sound first level care provided by a suitably trained workforce supported by integrated referral systems and in a way that gives priority to those most in need, maximises community and individual self-reliance and participation and involves collaboration with other sectors. It includes the following:

- health promotion
- illness and injuries prevention
- care of the sick
- advocacy
- community development
Aims of PHC Nursing in Cyprus

- Health improvement and promotion
- Continuous improvement of nursing care provided in PHC
- Continuous adaptation of nursing care according to the needs of individuals, families and communities based on international standards and scientific development
- Specialisation of nursing in the various fields of PHC
- Prevention of disease and injuries among population
- Also, care of the sick
Main Principles of PHC Nursing

- Easy access through a network of centres and sub-centres
- Equity in health care for all the population
- Multidisciplinary approach
- Collaboration with individuals and the community
- Prevention of diseases and injuries
- Health promotion
Areas of Nursing in PHC

- Maternal and Child Welfare Centres
- School Nursing
- Nursing of Primary Health Care Centres
- Home Nursing
- Child and Teenage Community Mental Health Nursing
- Adult Community Mental Health Nursing
- Prison Nursing
- Community Nursing targeting vulnerable groups of the population.
Nursing Specializations in PHC

- Health Visitors
  - Community Nursing
  - Public Health
- Community Nurses
  - General Nursing
  - Mental Health Nursing
Health Visitors

- Mainly concentrated in the care of infants, children and their families
- Health visitors practice through a set of principles which include:
  - searching for health needs;
  - stimulating an awareness of health needs;
  - collaborating with other disciplines and the community;
  - and facilitating health enhancing activities.
Health Visiting

- **Areas of work**
  - Maternal and Child Welfare Centres
  - Adults’ Immunization Centres
  - School Nursing
  - Services targeting vulnerable groups
Health Visiting

- **Mother and Child Welfare Centre**
  - Health needs assessment of infants, children and families
  - Screening of infants and pre-school children
  - Referrals to other health care practitioners when needed
  - Health education to parents, families and through them to the whole community
  - Immunization of infants and children based on the Vaccination Schedule of the Ministry of Health
  - Home visits to families with newborn
  - Home visits to families with socioeconomic problems when needed
  - Collaboration with other practitioners or services
Health Visiting

- Adult’s Immunization Centres
  - Immunization of adults according to the Vaccination Schedule of the MoH
  - Immunization of travellers and issue Vaccination Certificate according to IHR (2005)
  - Health education of travellers
  - Collaboration with other practitioners or services
School Health Services

- Main target is the prevention of disease and injuries, protection and improvement of health of pupils
- Multidisciplinary approach collaboration with other practitioners and services
- Nursing Interventions include:
  - screening tests (hearing and vision acuity tests, scoliometresis, body measurement, etc.),
  - health education
  - ensure a safe and healthy school environment
  - prevention and control of communicable diseases
  - immunization of school children
Targeted services to vulnerable groups of the population

- Migrants, political refugees...
- Enclaved people – in the occupied area of Cyprus
- Other mobile populations
- Prisons
Health Visiting

- Prevention and control of communicable diseases
  - Members of the multidisciplinary team for the investigation and control of communicable diseases e.g. TB, viral meningitis, VPD
Nursing in PHC Centres

- Provided through a network of Centres and Sub-centres
Nursing in PHC Centres

An outline of the role of nurses working in PHC Centres:

- Health Needs Assessment of patients visiting the PHC Centres and communities
- Planning, implementation and evaluation of nursing care
- Health education of individuals and communities
- Collaboration with other members of the multidisciplinary team and the community
- Facilitate referencing of patients or families when needed
Home Nursing

- General Nursing
- Implemented in a number of urban and rural areas
- Multidisciplinary approach
- Collaboration with other practitioners, services and the community
Home Nursing

- Areas of work
  - Prevention of disease and injuries, promotion of health
  - Rehabilitation
  - Counselling services
Home Nursing

- Provision of nursing care to patients, elderly people and their families or people with special needs
- Enhance recovery and limitation of the consequences of illness
- Health education of individuals and families
- Empowerment of individuals, families and communities
- Monitoring and evaluation of services
Community Mental Health Nursing

Mission

- Provide nursing care using various psychoeducational methods and psychotherapeutic interventions to:
  - Minimize the consequences of mental illness
  - Promote health and welfare of people
Community Mental Health Nursing

- Basic Principles of work:
  - Provision of holistic care
  - Transfer of the focus of care from hospital to community
  - Easy and equal access to healthcare
  - Therapeutic continuity
  - Collaborative work, multidisciplinary approach
Community Mental Health Nursing

Outline of the role of the CMN:

- Home visits
- Counseling / psychological support to patients, family members and carers
- Specialized interventions in Outpatient Departments and Counseling Centres
- Specialized interventions in urban and rural primary health care centres, homes for the elderly and rehabilitation centres
- Crisis intervention
- Liaising
- Co-operation with community services and local authorities
Prison Nursing

- Collaborative work of nurses from various specializations
  - General nurses
  - Mental health community nurses
  - Health visitors
Prison Nursing

- Some nurses are full time working in prison healthcare.
- Mental health nurses and Health Visitors usually spend part of their week working in the community and part of their working week in prison healthcare.
Prison Nursing

- Challenging work
- Health promotion
New Challenges of PHC Nursing in Cyprus

- Implementation of the NHSystem – the role of PHC Nurse
- Enhance partnership working with other disciplines, services and the community
- Adopt community development approaches
- Finding ways to tackle inequalities in health
ΜΑΙΕΥΤΙΚΗ
ΕΠΙΣΚΕΠΤΕΣ ΥΓΕΙΑΣ
ΓΕΝΙΚΗ ΝΟΣΗΛΕΥΤΙΚΗ
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ΠΑΡΟΝ ΣΕ ΚΑΘΕ
ΣΤΑΔΙΟ ΤΗΣ ΖΩΗΣ
Thank You