COMMUNITY HEALTH NURSING

TOPIC :- MINOR AILMENTS

BY:-MISS HARLEEN KARWAL

INTRODUCTION

Aches & illness which people suffer from time to time , which are not necessarily serious or long lasting or require a doctor's attention; they are described as minor ailments. Community health nurse may come across patients who may have minor ailments & injuries, which needs medical attention.

DEFINE :- MINOR AILMENTS

A minor ailment is defined as a health complaint which , by simple actions patients could handle themselves.

PRINCIPLES OF MANAGING MINOR AILMENTS



PRINCIPLES OF MANAGING MINOR AILMENTS



MANAGEMENT OF MINOR AILMENTS

- ✓ ASSESSMENT – Taking history from the patient & his/her family.
- ✓ Perform physical examination & necessary investigations, to detect the cause of the problem.
- ✓ Making the diagnosis & planning for care.
- ✓ Implement nursing care following standing instructions.
- ✓ Evaluate the progress of the patient – if the outcome is successful then plan for follow up.
- ✓ If the condition of the patient does not improve or show serious signs –refer the patient to Primary health center or hospital .

DEFINE :- STANDING ORDERS

Standing order are specific instructions regarding treatment for conditions that nurses & other health workers meet in homes , schools & industries where a doctor is not readily available.

OBJECTIVES

- To maintain the continuity of treatment of the patient.
- To protect the life of the patient.
- To create the feeling of responsibility in the members of health team.

USES

- Enhancing the quality & activity of the health services.
- Decentralization of health responsibilities.
- Developing the feeling of confidence & responsibility in nursing & other health worker.
- Strengthening of primary health services in the community.
- Protecting the general public from quacks.

VARIOUS MINOR AILMENTS

1) **FEVER** :- Fever may arise due to many reasons. It may be due to malaria typhoid or any other infections etc.

- Check the vital signs.
- Find out the signs & symptoms such as body aches, headache, fatigue, GI disturbance, hyperthermia, cold etc.
- Take blood smear for malaria.

TREATMENT :- 1) Take bed rest & plenty of fluids & fruit juices.

2) Soft diet should be taken.

3) Administer antipyretics (paracetamol).
4) If fever more than 101˚F than give cold sponging.
5) Watch for 2 days for rise & fall of temperature.
6) If fever persists seek medical aid.
7) Ask if any of the family members or neighbours suffer from similar complaints, to detect epidemic of cases & inform the medical officer.





COUGH

Cough is the most common symptom of respiratory disease

- Find out the duration, type of cough, color & consistency of sputum.
- Check for fever, sore throat, chest pain etc.
- If suspected TB refer the patient to hospital for investigation & further treatment.



TREATMENT OF COUGH :-

- Give steam inhalations & taking extra fluids will help to loosen mucus.
- Expectorants may be given.
- Advice the patient not to smoke, if he is smoker.



SORE THROAT

- Due to tonsillitis throat may be red & tonsils are swollen & pus discharge.
- The patient may feel difficult to swallow.
- Fever & cough present.

TREATMENT :- 1)The voice should be rested & no smoking allowed.

2) Give aspirin to relieve pain & fever.

3) If no improvement after 3 days , refer the patient.



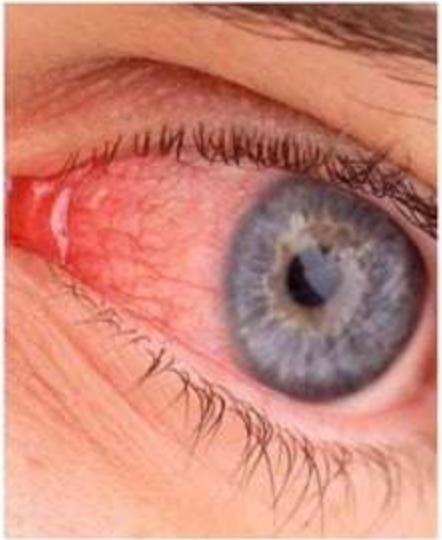
EYE INFECTIONS

Eye infection cause burning pain in the eyes, sticky pus cause eye lids stick, eyes become red.

TREATMENT:-1) Find out the cause. If condition is acute, clean the eyes carefully& put antibiotic eye drops /ointment.

2) Cover the eye with sterile eye pad or soft bandage.

3) Give aspirin to relieve pain.



4) Refer the patient to hospital:-

- When any wound that cuts or ruptures the eye bowl.
- When painful greyish sport on the cornea with redness.
- When vision begin to fail in one or both eyes.
- When eye infection does not respond to treatment.



EAR ACHE

- Common in children. Trouble may be in the external ear or middle ear. Middle ear infection is common & serious.
- Observe the ear for any discharge/pus & throat infections, pain, cold or too much wax. Chronic condition may cause deafness.



TREATMENT :-

1) Clear the ear gently.

2) Instill antibiotic ear drops 4 times a day.
3) Give aspirin tablet for 3 days.
4) If any foreign body /wax, should not try to treat the condition. This may worse the condition further.
5) Refer the case immediately to the hospital.



COMMON COLD

- Watery discharge from the nose , with itching & sneezing.



- Symptom come on suddenly & frequently. Person may allergic to dust, feathers, pollen or some food items.

TREATMENT :- 1)Give antihistamine tablets. Try to observe what cause the allergic reaction & avoid that contact with that item.

2)If no improvement, refer the patient.

SINUSITIS

- Common complaint of cold with severe pain & tenderness in the bones just above or below the eyes.
- Severe headache & pain increases when patient bends forward. Thick mucus or pus in the nose .

TREATMENT:-1)Take steam inhalation.

2)Decongestant tablets or nose drops for relief. Aspirin /paracetamol to relief pain.

3) If no improvement, refer the patient.

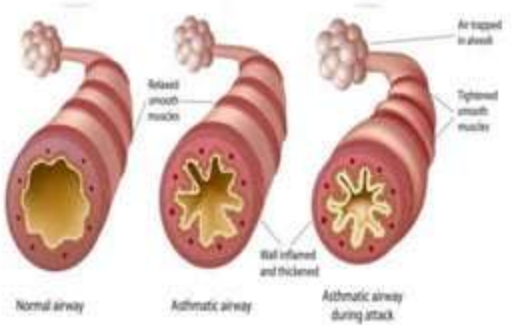


ASTHMA

The patient feels dyspnea ,wheezing ,cough & cyanosis.

TREATMENT:-

- If not severe give theophylline.
- Give a lot of liquids & steam inhalation.
- Patient needs calm & quite environment.
- Refer the case to the hospital.



HIGH BLOOD PRESSURE

Blood pressure may rise due to several reasons. if patient is suffering continuously with high B.P the following symptoms should be observed : headache , fatigue, dizziness & palpitations.



TREATMENT :-

- Patient should take pills regularly & give health teaching regarding same condition.
- If patient is overweight, he should lose weight by avoiding sweets ,fatty foods .Use sunflower oil for cooking.
- Use little or no salt in cooking & do not take strong coffee.
- Avoid smoking & alcohol , learn to relax more & take moderate exercise.

ANEMIA

Causes include hookworm ,malnutrition etc.

Patient may looks pale, feeling tired & weak , faint &swelling of feet.

TREATMENT:-

- Health education regarding foods i.e - green leafy vegetables like spinach, pulses, jaggery, eggs etc. Advice oral iron & vitamins.
- Stool examination & HB test.
- Bleeding piles , menstrual disorders with excessive bleeding & other bleeding condition then refer the patient to primary health Centre /hospital immediately.





TOOTH ACHE

Tooth ache may occur due to bad oral hygiene, infections or in dental caries.



TREATMENT:-

- If there is no cavity , swelling or fever give potassium permanganate mouth wash & health teaching about oral hygiene.
- If there is fever gives aspirin & mouth washes 3 times a day.
- Encourage the patient to eat diet like amla , orange, lemon for healthy gums & teeth.

DIARRHEA

- Malnutrition & intestinal infections are the causes.
- Observe sign of dehydration like dry mouth, rapid pulse, loss of elasticity of skin.

TREATMENT:-

- Give plenty of fluids for rehydration. Give ORS solution & rice water ,coconut water etc.
- Give health education to the patient & family regarding protect the food from flies, drink boiled water , encourage freshly cooked food & wash hands with soap 7 water before & after eating & after toilet.
- Alert the village health committee regarding diarrheal situation.
- If there is severe dehydration refer the patient to the hospital.

CONSTIPATION

It occurs due to eating low fiber foods , not drinking enough water ,stress & resisting the urge to have a bowel movement.

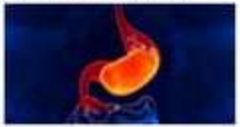


TREATMENT:-

- Advice the patient to take fiber rich diet & liquid fluids in diet & maintain regular bowel habits.
- Encourage the patient to do walk & exercise.

INDIGESTION

Patient may feel stomach pain, heart-burn, flatulence , regurgitation of fluid & constipation.



TREATMENT:-

- Health teaching regarding avoidance of taking too spicy or fatty foods or too much alcohol.
- Avoid eating quickly or swallowing without properly chewing the foods.
- Take balance diet according to proper timings.

FRACTURE



Occur may be due to accident.

TREATMENT:-

- Immobilize the fracture part with foot board & support with bandages ,to protect the fracture part for further damage.
- Shift the patient to the hospital.
- If there is injury to spinal cord the shift the patient without banding to a stretcher.
- If the neck is injured keep sand banges on both sides of the head & prevent it from moving.

SKIN RASHES

- Examine for the type ,distribution & find out the duration.
- Record vital signs.
- Isolate the patient .
- Give aspirin if fever persist.
- When there is a eruptive fever i.e :- chickenpox the pass the information to the higher health officials.





WOUNDS

- Minor injuries like cut or abrasion.
- Wash the wound with soap & water and apply ointment as prescribed by doctor.
- Advice the patient to avoid contact with dirt & refer the patient do Primary health center for T.T injection if not given previously within a period of 6 months.
- If a **WOUND WITH EXTERNAL BLEEDING** place a clean pad directly over the wound & apply pressure until the bleeding stop. Elevate the part & treat the shock.
- If arterial bleeding then apply tourniquet above the wound & if venous bleeding is there then apply pressure below the wound & refer the patient to the hospital.





BURNS

- Remove non-adherent clothing & away from the wound.
- Remove bangles, rings ,shoes & belts.
- Assess the extent of burns & treat the shock.
- Cover the burn area with clean cloth.
- Shift the patient to the hospital.
- If medical aid is delayed start oral rehydration fluid.





ANIMAL BITE

- Wash the wound with soap & water for animal bites.
- Take history of symptoms of rabies in case of dog bite.
- Seek medical aid & observe the animal for 10 days
- If the animal shows the symptoms of rabies at the time of bite or after some time then shift the patient for antirabies treatment.
- Flush the wound with saline or water.



SNAKE BITE

- If poisonous –apply tourniquet/cloth to impede venous blood flow from the site of bite towards the heart.
- Make the small cut with clean knife about 1 cm long & ½ cm deep .
- Suck & spill out the poison for 15 min by using suction machine or breast pump.
- Flush the wound with saline or water. Apply ice to the wound to delay the absorption of venom.
- Let the patient lie quietly, do not move the part that has been bitten.
- Shift the patient to the hospital.





SCABIES

- If one person has scabies everyone in the family should be examined & treated.
- Isolate the patient.
- Tell the patient take bath , scrub well with soap & water.



- Dry the skin properly & apply calamine lotion during night after food before going to bed. Continue for 3 -5 days & give bath.
- Advice to wash the clothes & boil them & dry them under the sun.
- Tell the patient this treatment is incomplete unless one more course of treatment for 3 days is done after a period of 2 weeks to prevent the reoccurrence of infection.

OEDEMA

- Advice low salt diet.
- Intake/output maintained & record the weight daily.
- Find out the cause & refer to primary health center.
- Examine the urine for albumin.



BLEEDING NOSE

- Make the patient sit up with head erect & bend forward.
- Loosen all clothes at neck.
- Ask the patient to pinch nose at the junction of hard & soft part.
- Apply a cold compress.
- Donot let him below the nose.
- Refer the patient to hospital/ primary health center if bleeding cannot be control or if the patient elderly.





SHOCK

- Lie the patient down with the foot of the bed raised about 22cm.
- Keep him warm & reassure the patient.
- Give first-aid for bleeding ,fractures ,bites etc.
- If the patient is conscious give strong hot tea with plenty of sugar provided.





