

AN INTRODUCTION TO COMMUNITY AND PUBLIC HEALTH NURSING

Practical Application: Book Activity

Practical Application

Setting the Scene

As a part of a review of homelessness in the area, the Pleasant City Council has convened a task force to evaluate the need for homeless shelters in the city. Results of the task force's community assessment showed that, while more homeless men than women are currently present in the city, the percentage of homeless women is steadily rising. Assessment findings also showed that more women with children live in poverty than men do. The task force found that many women who are living in poverty are being overlooked and, as a result, are at risk of becoming unhoused.

Pleasant already has a homeless shelter for men. Based on the information gathered from the community assessment, the task force and the Pleasant City Council have decided to open a homeless shelter designed to primarily serve women with children who are unhoused or in poverty.

Think About It

Imagine you are a community health nurse serving on the task force. You and other task force health care professionals are charged with planning health care services for women with children to be provided at the new homeless shelter.

1. What common health problems should you and the task force be aware of when planning which health services to provide at the new shelter?
2. What health determinants influence the health of the residents who will be cared for in the new homeless shelter?

3. What are some suggestions for primordial, primary, secondary, or tertiary disease prevention strategies to support the residents of the new homeless shelter? How might you help these residents participate in these efforts?
4. After the shelter opens, you become one of the nurses who work in the clinic. What strategies are important for you to implement when working with this population?
5. Drawing on the Healthy People 2030 recommendations for health policy advancement, where/how should you become an advocate for change?

Practical Application: Additional Guidance

Exercise Title

“Healthcare Planning for a Women’s Homeless Shelter: Bridging Gaps and Fostering Wellness”

Objective

This exercise focuses on addressing the pressing issue of homelessness, particularly among women with children, and offers a comprehensive approach to planning and delivering healthcare services in a homeless shelter setting.

Preparing for the Exercise

Setting the Scene: The Pleasant City Council has identified a rising trend of homelessness among women with children in the community. A task force, including healthcare professionals, has been convened to plan the opening of a homeless shelter specifically tailored to serve this vulnerable population.

Exercise Components:

1. **Understanding Common Health Problems:** Students will use text and web resources to explore prevalent health issues among homeless women and children, including malnutrition, mental health disorders, substance abuse, infectious diseases, and chronic conditions. (15 min)
2. **Analyzing Health Determinants:** Students will use the Healthy People site to identify social determinants of health affecting the target population. These determinants may include poverty, lack of affordable housing, limited access to healthcare, and social isolation. (15min)

3. **Designing Prevention Strategies:** Students will break into groups to develop primordial, primary, secondary, and tertiary prevention strategies to address identified health needs. This could involve health education programs, immunization campaigns, mental health screenings, substance abuse counseling, and chronic disease management initiatives. Debrief as a whole class (20 min)
4. **Implementing Nurse Strategies:** Students will explore essential strategies for nurses working in the homeless shelter clinic. Key aspects include building trust and rapport with clients, practicing trauma-informed care, promoting health literacy, addressing cultural and linguistic barriers, and facilitating access to community resources. (20 min)
5. **Advocating for Policy Change:** Drawing upon the Healthy People 2030 framework, students will identify opportunities to advocate for policy changes at local, state, and national levels to address systemic issues contributing to homelessness and health disparities.(10 min)

Evaluation and Assessment

1. **Assessment Criteria:** Establish clear criteria for evaluating student performance, including the thoroughness of their investigation, ability to identify SDOH, the relevance of their health priorities, the effectiveness of their prevention intervention designs, and the inclusiveness of their considerations.
2. **Assessment Methods:** Utilize a variety of assessment methods, such as written reflections, presentations, program proposals, and peer evaluations, to assess students' understanding, critical thinking skills, and communication abilities.

Integration into Curriculum

This exercise can be integrated into our community health course as a case study or simulation activity. It aligns with course objectives related to health assessment, health promotion, healthcare delivery, and policy advocacy.

Resources and Support

[Healthy People 2030 | health.gov](https://health.gov)

[2-1-1 VIRGINIA – Virginia Department of Social Services](#)

[The National Women's Shelter Network \(nationalwomensshelternetwork.org\)](https://nationalwomensshelternetwork.org)

[Domestic and Sexual Violence Services — YWCA — YWCA](#)

Conclusion

By engaging students in this practice application exercise, we can provide students with invaluable opportunities to apply theoretical knowledge to real-world scenarios, develop critical thinking and problem-

solving skills, and cultivate empathy and cultural competence. Exercises can prepare our students to become compassionate and competent healthcare professionals. Remember to customize this exercise to your specific student needs.

Additional Activities

Role-playing/Communication Exercise

Scenario Title

Shelter Staff Meeting: Addressing Health Needs and Resource Allocation

Objective

To simulate a meeting where shelter staff, including healthcare professionals, discuss strategies to address health needs and allocate resources effectively in the new women's homeless shelter.

Roles

1. Nurse Coordinator: Responsible for outlining health issues and suggesting health interventions.
2. Social Worker: Focuses on social determinants of health and available community resources.
3. Shelter Director: Manages shelter operations and ensures alignment with organizational goals.
4. Community Health Advocate: Provides insights into policy advocacy and community engagement strategies.

Scenario Setup

- Arrange the classroom to resemble a meeting room. Provide each participant with role-specific information and scenarios.
- Prepare handouts that include health statistics, available resources, and policy frameworks.

Preparation

- Review the case study and role descriptions with participants.
- Ensure that all materials, including role descriptions and resource lists, are prepared and distributed.

Role-Playing Activity

1. Begin by explaining the purpose of the role-playing exercise: to collaboratively address health needs and resource allocation for the new women's homeless shelter.
2. Emphasize the importance of effective communication and teamwork in this setting.

Debriefing and Feedback

After the role-play, conduct a debriefing session where each participant reflects on their experience, provides feedback, and discusses lessons learned.

- Reflect on Experience: Ask each participant to share their thoughts on the role they played and the dynamics of the meeting.
- Discuss Challenges: Identify any challenges encountered during the exercise and discuss possible solutions.
- Evaluate Effectiveness: Review the effectiveness of proposed strategies and resource allocations. Discuss what worked well and what could be improved.

Reflective Practice

This activity could occur on a discussion board or by uploading a video using Flip or Canvas Studio.

Reflect on the potential challenges and opportunities you might face as a nurse working in a women's homeless shelter. Consider the following aspects:

- How will you address and manage prevalent health issues such as mental health disorders or

substance abuse?

- What strategies will you use to build trust with your clients?
- How can you ensure that your care is culturally and linguistically appropriate?
- What role can you play in advocating for policy changes to support this population?

Interactive Module

Create an interactive escape room using Google Forms that challenges students to solve puzzles related to the chapter topic. These NCLEX-style questions can be a starting point.

1. What is a primary prevention strategy that a nurse could implement to address mental health issues in a homeless shelter?
 - A. Provide psychiatric medications
 - B. Conduct regular mental health screenings
 - C. Offer individual counseling sessions
 - D. Refer clients to a psychiatrist
2. Which social determinant of health is most likely to impact a woman's ability to access healthcare services in a homeless shelter?
 - A. Access to nutritious food
 - B. Quality of shelter facilities
 - C. Availability of affordable housing
 - D. Community support networks
3. As a nurse in a homeless shelter, which strategy is most effective for building trust with clients?
 - A. Implement strict rules and regulations
 - B. Maintain a professional distance
 - C. Consistently show empathy and respect

- D. Provide extensive medical documentation
4. In advocating for policy changes to support homeless women, which approach is most likely to be effective?
- A. Writing a letter to local legislators
 - B. Organizing a community health fair
 - C. Developing a shelter-specific health intervention program
 - D. Conducting a needs assessment and presenting findings to policymakers

Case Study: Addressing Healthcare Needs in a Women's Homeless Shelter

Background

Pleasant City Council has recognized the growing issue of homelessness among women with children and plans to open a new shelter. A task force has been formed to address healthcare needs and develop a comprehensive plan for the shelter.

Objectives

- Identify prevalent health issues among homeless women and children.
- Develop prevention strategies and healthcare interventions.
- Advocate for policy changes to improve health outcomes for this population.

Scenario

The Pleasant City Council is opening a new shelter tailored for women with children. The task force must design a healthcare plan to address common health issues, implement effective strategies, and advocate for supportive policies.

Questions for Reflection and Analysis

1. What are the primary health concerns for women and children in a homeless shelter setting?
2. How can healthcare professionals address these concerns effectively?
3. What social determinants of health should be considered in the planning process?
4. How can policy advocacy improve the conditions and support available to homeless women and children?

Assessment

Evaluate students' ability to identify health issues, design prevention strategies, and propose policy changes.

Planning

Develop a detailed plan outlining healthcare services, preventive measures, and resource allocation.

Implementation

Execute the plan with a focus on providing comprehensive care and addressing health needs effectively.

Evaluation

Assess the effectiveness of implemented strategies and make necessary adjustments based on feedback and outcomes.

Sustainability

Ensure that the healthcare plan is sustainable through ongoing evaluation and adaptation to changing needs.

Simulation

Introduction

The simulation involves a scenario where students practice providing healthcare in a women's homeless shelter. They will interact with clients, address health issues, and collaborate with team members.

Debriefing and Feedback

After the simulation, conduct a debriefing session where students:

- Reflect on their roles and actions.
- Discuss challenges and successes.
- Provide feedback on the effectiveness of their interventions.

Competency Assessment

Activity

Evaluate students on their ability to address health issues, communicate effectively, and implement strategies.

Demonstration

Observe and assess students' performance in real-time during the simulation.

Clinical Activities/Opportunities

Offer additional opportunities for students to practice in real-world settings or through virtual simulations.