

## HOME VISITING

### **Introduction**

A home visit is one of the essential parts of the community health services because most of the people are found in a home. Home visit fulfils the needs of individual, family and community in general for nursing service and health counselling. A home visit is considered as the backbone of community health service. A home visit is a family –nurse contact which allows the health worker to assess the home and family situation in order to provide the necessary nursing care and health-related a

ctivities.

### **Definition**

A home visit is defined as the process of providing the nursing care to patients at their doorsteps. It requires technical skills, resourcefulness, judgment, relationships.

It is defined as providing the services to family at their door step to maintain the health & to reduce the mortality & morbidity in family.

### **Principle**

- .When carrying out the home visit, the community health nurse should follow certain basic principles which are as follow:
- The home visit should have a purpose and objectives.
- The home visit should be planned according to priority.
- The purpose of the home visit should be clear, regular, and flexible according to the needs of the family.
- First of all, introduce yourself, your institution, your purpose, of a home visit, and collect facts about an individual, family environment.
- Establish a good interpersonal relationship between families and be polite, courage, friendly.
- Carefully listen the family and understand the others person view.
- Health education, nursing care should be scientific.
- Use safe technical skills and scientific nursing procedures.
- Involve whole family members as much as possible during nursing care.
- The nurse and family member must develop a positive interpersonal relationship in their work to achieve present goals.
- Evaluate your own work periodically.
- Make a note of important facts about the home visit in your diary.
- Thanks to the family members and individual for good response.

### **Purposes**

- To find out needs of individual, family and community in relation to health, socio-economic and cultural aspects.
- To provide domiciliary midwifery as care for pregnant, delivery, and puerperal mother and infant.
- To give care to the sick, to a postpartum mother and her newborn with the view teach a responsible family member to give subsequent care.
- To assess the living condition of the patient and his family and their health practices in order to provide the appropriate health teachings.
- To provide basic health services for minor ailments. (i.e. injury, boils, abrasions)
- To provide counseling on family planning, immunization, nutrition.
- To give health teaching regarding the prevention and control of diseases.
- To establish a close relationship between the nurses and the public for promotion of health.
- To make use of an inter-referral system and to promote the utilization of community services.

### **Steps of home visiting**

Home visit refers to meeting the health needs of people at doorsteps. The steps of home visiting are as follow:

1. Facts findings
2. Data finding
3. Planning action with individual or family
4. Action and health education
5. Follow through
6. Evaluation of services
7. Explain the use of home visiting bag

#### **1. Facts findings:**

Facts findings are the first steps during home visiting. It helps to study the clinical and other records to get an understanding of what has to be done which is given below:

Prepare a map of the area to be visited and i.e. location, house, road, temples etc., prepare family folders.

Collect information of the family member i.e. number of family member, occupation, education, date of birth, religion, income, past history, present illness, use of family planning, immunization etc.

Use technical skills and nursing procedure.

Establish an interpersonal relationship, be polite and courage, show the interest towards the family.

Identify the needs of individual, family members

Discuss the problem with the family members and find out the possible solutions to problems.

## **2. Data findings:**

After completing the fact finding the process of analysis begins. The data of the members should be honest and based on facts and not an opinion. The personal, emotional, spiritual aspects should be involved which are taken together constitute the usual health problem. The problem and facts should show exact problems and what he is expected to do. Discuss the point step by step and examine the matter critically. Then only comes to the conclusions. Do not jump and do not make hasty conservation. After that, the nurse helps the family to plan and use local and outside resources.

## **3. Planning actions with family:**

It is the most important in all our work and relationships. Make good and realistic objectives and plan how we are going to achieve those objectives. First priority should be given to essential basic need such as hunger, then only for personal hygiene or safe water or sanitation. That's why planning is very important and it should be based on the condition of the family, home environmental and local resources available in a family in order to be practical. Planning should also be based upon short term or long term objectives of the family. Some alternatives plan or suggestions are also helpful. Do respect the individual's ideas, suggestion or solution. Good planning always leads to doing a good action and achieve objectives.

## **4. Action and health education:**

After planning, a formal home visit should be done to solve the problem. On the first visit, CHN should introduce herself and explain the purpose of her visit. The talk should be informal, giving plenty of opportunities to ask a question and provide a platform for discussion. The action and health education should be as per family time schedule. Find out what is the best time for teaching them. For example, if they are drying food in a yard, then you should teach about food storage, and help them for proper drying. This help to provide effective teaching as you are helping them, it also builds good interpersonal relationships. Emphasis should be given on practical more often than theoretical.

## **5. Follow through:**

It is one of the most important steps of a home visit. Follow up for those which were already planned and implement to find out how far the objectives are fulfilled. It also helps to find out how far the instruction, suggestion, and actions were followed. Appreciate if they have done well and if not done properly, find out the cause. It gives ideas for planning for next visit.

#### **6. Evaluation of service:**

For evaluation services, review each family record periodically and answer the following question

- What is the immediate problem/need?
- What is the total problem?
- List the difficulties and hindering factors in the situation?
- List the helpful and supporting factors e.g coping ability of family, availability of local resources?
- What has been done about the immediate problem?
- What plans are being made and what actions are being taken to deal with the underlying cause of a problem?
- How did the personal respond to your visit?
- What changes took place?
- Have you made effective use of man, material, and measures?
- How far the visit has been useful?
- What is the attitude of individual, family and community?
- Do you need guidance, counseling, and discussion with your superior?

The result of community health service is not always seen immediately, it takes time. Knowledge is changed but attitude, habit and behavior change is difficult, but once changed, it has a permanent effect.

#### **7. Explain the home visiting back:**

It is also one of the essential steps of home visiting. The major objective of health care services in the home is to help people with their health problems and work with them towards keeping the family healthy. The purpose of the bag is to carry out necessary equipment to perform nursing care in the home. E.g performing minor dressing, conducting delivery etc. It saves times and effort in the performance of a nursing procedure.

### **Frequency of Home Visit**

Making decision regarding frequency of visit is a matter of judgment. It will depend upon the extent of health problems of the family

In no case clinic visit by the family are substitute to family visit by the community health nurse family visits are basis of priorities available time and work load, health agency's policies and facilities available. Priorities are established on the following guidelines

- Visits in response to the need felt by the family such as mother in labour, acute and serious illness etc.
- Visit to premature infants and infants with defects
- Regular visits to post natal mother and antenatal mother
- Visits to chronically ill patients
- Supervisory visits to infants, toddler, and eligible couple
- Collection of family information and investigations.
- Information, education, counselling and guidance purposes

### **Advantage**

- It helps to develop an interpersonal relationship between family members and the nurses. Community health nurse assess the individual and family member in their own environment.
- It gives an opportunity to observe the background of the family member and their relationship.
- It helps in the basic understanding of physical and emotional needs of individual and to guide them.
- It helps to gain more knowledge and become realistic as a family member are more relaxed in their own surroundings.
- It also gives an opportunity to find out new health problems

### **References**

- Tutui, Roshani and. Dr. Suwal S.N. A Textbook of Community Health Nursing.