

MINOR AILMENTS

* Minor ailments are generally defined as conditions that will resolve on their own and can be reasonably self diagnosed and self managed with over-the-counter medications.

* Community health nurse is responsible to provide primary health care in the community.

Treatment of minor ailments and emergencies is an important component of community health nursing. Nurse should be able to identify the signs and symptoms of a patient and treat them according to the standing orders.

A → Principles Of Managing Minor Ailments.

- Ensure safe and healthful environment to the patient.
- Treat the risk/injured person promptly to prevent any possible complication.
- In case of infectious disease, take appropriate precautions to prevent the spread of infection.
- Keep continuous watch over the patients and vital signs during the period of care.
- Help the patient to get well soon as possible.

- Use the opportunities of health education during the care.
- Always remember the limitations in providing the treatment or follow the physicians instructions.
- Help the family members in coping with the situation and prepare them for taking care of patients at home.
- Respect the beliefs of patient.
- In case of serious conditions refer the patient without any delay.

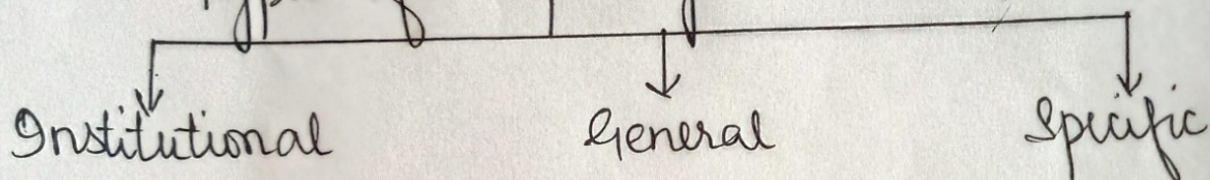
B. → Management As Per Standing Instructions/Orders.

- Assessment
 Taking history
 Performing quick physical examination
- Finding the cause, making the diagnosis and planning for care.
- Providing treatment and nursing care.
- Evaluating the care and condition of the patient:
 - If the outcome is successful, plan for follow up.
 - If condition does not improve or serious signs, refer to the hospital.

► Standing Orders

Standing orders are directions and orders of specific nature and should be followed in temporary basis or in emergency situation. On the basis of non availability of doctors, nurses/ health workers can provide treatment at home, hospitals, health institutions or community.

Types of Standing Orders



1. Institutional Standing Order: Standing order prepared with a view of the available resources, staff position & objectivity of hospital. Difference will be there between government and private hospitals.
2. Specific Standing Order: Prepared for trained medical personnel. Technical knowledge and special skills are required. These orders should compensate the need of a doctor. Such orders enhance the quality of community health nurse.
3. General Standing Order: Common man is expected to follow some standing order. e.g: In case of diarrhoea - ORS packet.