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Practical Record Book for Community Health Nursing-I

Semester-V

As per the Revised INC Syllabus for BSc Nursing

Name of the Candidate: _____

Name of the Institution: _____

_____

Kavita Kelkar
Priyesh Jain

JAYPEE

LIST OF ASSIGNMENTS

Sl. No.	*Name of the assignment*	*Quantity*	*Marks*
1.	Community needs assessment/survey/community health survey to investigate an epidemic	1	25
2.	Nutritional assessment of an individual (adult)	1	25
3.	Health teaching	1	25
4.	Health assessment of infants/under five	1	25
5.	Health assessment of adult	1	25
6.	Health assessment of women	1	25
7.	Health assessment of adolescent	1	25
8.	Growth monitoring of under-five children	1	25
9.	School health program	1	50
10.	Home visit (Procedure)—Rural	1	50
11.	Home visit (Procedure)—Urban	1	50
12.	Family care study	1	50
13.	Screening, diagnosing and primary management and referral: • Noncommunicable diseases • Communicable disease		
14.	Report on field visits: • SC/HWC, PHC, CHC • Water resources and purification site—water quality standards • Rainwater harvesting • Sewage disposal • Milk diary • Slaughterhouse—meat hygiene • Observation of nutrition programs • Visit to market		
15.	Participation in National Health Programme		
16.	Clinical evaluation	1	100

PROFORMA AND GUIDELINE FOR NUTRITIONAL ASSESSMENT

Name of the student: _____

Name of the supervisor: _____

Name of the patient: _____

Venue: _____

Date: _____

Time: _____

Group: _____

DIETARY HISTORY

1. **Food and fluid intake:**

_____

_____

_____

_____

_____

2. **24-hour recall:**

Mealtime	*Food items consumed*	*Quantity*	*Nutritive group*
Breakfast			
Mid-morning snacks			
Lunch			
Evening snacks			
Dinner			

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SOCIOECONOMIC AND ENVIRONMENTAL DATA

Family income level: _____

Occupation of head of family: _____

Number of family members: _____

Type of house: Pucca/Semi-Pucca/Kutcha

Source of drinking water: _____

Toilet facility available: Yes/No

Fuel for Cooking: LPG/firewood/kerosene/other

HEALTH HISTORY

History of recent illness (Diarrhea/Fever/TB/etc.):

_____

Immunization status (for children): Up to date/Not complete

_____

Worm infestation (last deworming date):

_____

_____

_____

_____

_____

_____

ANTHROPOMETRIC MEASUREMENT

Weight: _____

Height: _____

MUAC: _____

Head circumference: _____

BMI: _____

Biochemical Assessment

Metabolic Test

Glucose: _____

Blood urea nitrogen (BUN): _____

Creatinine: _____

Calcium: _____

Protein: _____

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Alkaline phosphatase (ALP): _____

Stool examination: _____

Urine analysis: _____

Blood Tests

White blood count: _____

Red blood count: _____

Hemoglobin: _____

Hematocrit: _____

PHYSICAL SIGNS OF MALNUTRITION

Content	*Yes*	*No*
Bilateral pitting edema		
Persistent fatigue		
Wasting significantly reduced fat in the buttocks		
Loss of muscle bulk around the shoulders, arms, and legs		
Outline of ribs seen easily		
Hips are small compared with chest and abdomen		
Sagging skin on buttocks and thighs (can look like baggy pants)		
Dull, dry thin, or discolored hair		
Extensive skin lesions		
Lethargy or unconsciousness		
Persistent diarrhea		
Dental problems		
Nausea or vomiting		
Mouth sores		
Thrush		
Severe dehydration swallowing		
Dry or flaking skin increased pulse rate		

NUTRITIONAL CLASSIFICATION (BASED ON BMI OR GROWTH CHARTS)

- **Adults:**
  - Underweight (BMI <18.5)
  - Normal (BMI 18. 5–24.9)
  - Overweight (BMI 25–29.9)
  - Obese (BMI ≥30)
- **Children (Based on WHO Growth Standards):**
  - Normal
  - Moderate acute malnutrition (MAM)
  - Severe acute malnutrition (SAM)

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CONCLUSION

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EVALUATION CRITERIA FOR NUTRITIONAL ASSESSMENT

Name of the student: _____

Area of experience: _____

Period of experience: _____

Supervisor: _____

Sl. No.	*Particulars*	*Allotted marks*	*Obtained marks*
1.	Knowledge and understanding	5	
2.	Assessment	5	
3.	Presentation and interpretation of data	5	
4.	Planning and organization	5	
5.	Conclusion	3	
6.	Bibliography	2	
	Total	**25**	

Remark

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Signature of the Student **Signature of the Teacher**

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Practical Record Book for Community Health Nursing-I

Salient Features

- Prepared firmly as per the Indian Nursing Council (INC) and University syllabus guidelines
- Designed specifically for BSc Nursing students to meet academic and clinical record requirements
- Covers all essential community health nursing activities, procedures, and fieldwork components
- Systematically organized with clear headings, formats, and tables for easy documentation
- Includes standardized assessment formats, care plans, and reports for community-based practice
- Emphasizes practical orientation, helping students correlate theory with field experience
- Student-friendly layout with adequate space for writing, evaluation, and faculty remarks
- Facilitates continuous internal assessment and clinical supervision
- Useful for students, clinical instructors, and nursing educators
- Supports development of documentation skills, critical thinking, and professional accountability

Kavita Kelkar MSc Nursing (Community Health Nursing) PhD (Nursing) is a senior nursing academician and administrator currently serving as the Vice Principal of PCMC Institute of Nursing Sciences, YCMH, Pune, India. With more than two decades of rich experience in the nursing profession, she has made significant contributions to nursing education, research, and academic leadership. She possesses extensive expertise in nursing research and research methodology and has guided and mentored undergraduate and postgraduate students in various research projects. Her strong academic foundation and research orientation have enabled her to play a key role in strengthening evidence-based nursing practice.

She has served as a PhD examiner for various universities across Maharashtra, reflecting her recognition as a subject expert and her commitment to maintaining academic standards in higher education. In addition, she has actively participated in academic conferences, workshops, and faculty development programs, contributing to the advancement of nursing scholarship. She is known for her dedication to quality education, ethical research practices, and professional development of nursing students and faculty. Her vast experience, scholarly insight, and administrative skills continue to inspire future nursing professionals and strengthen the nursing education system in India.

Priyesh Jain MSc Nursing (Community Health Nursing) PhD (Nursing) is currently serving as the Principal and Head, Department of Community Health Nursing at Kamdar College of Nursing, Rajkot, Gujarat, India. He is a distinguished academician and nursing administrator with extensive expertise in the theoretical, clinical, and administrative aspects of the nursing profession. He is the author of several academic books and serves as a member of the editorial boards of various national and international journals. His scholarly work reflects a strong commitment to nursing education, research, and professional development. He is the Vice President of the Nursing Scholar Society, India, and is actively involved in community-based health initiatives at the national level, contributing significantly to public health awareness and nursing leadership. He is also a recognized PhD Guide at Saurashtra University, Rajkot, mentoring doctoral scholars and contributing to advanced research in nursing and community health.

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