

## The Role of Community Health Nursing in Promoting Preventive Care and Health Equity : A Comprehensive Review

Payal Saini<sup>1</sup>, Sunil Sharma<sup>2</sup>, Jaindra Narolia<sup>3</sup>, Tarun Mudgal<sup>4</sup>, Atika Sharma<sup>5</sup>, Samudre Manjusha Manohar<sup>6</sup>

<sup>1</sup>Assistant Professor, NIMS Nursing College, NIMS University Rajasthan, Jaipur

<sup>2</sup>Assistant Professor, NIMS Nursing College, NIMS University Rajasthan, Jaipur

<sup>3</sup>M.Sc. Nursing in Community Health Nursing, Nursing Tutor at Government Nursing College Saharanpur, UP

<sup>4</sup>NIMS Nursing College, NIMS University Rajasthan, Jaipur

<sup>5</sup>Imperial College of Nursing, Jaipur

<sup>6</sup>Associate Professor, IRCS Bel-Air College of Nursing, Panchagni. District-Satara, Maharashtra.

**Corresponding author :** Payal Saini, Assistant Professor, Nims Nursing College, Nims University Rajasthan, Jaipur

**Corresponding E-mail :** sainipayal321@gmail.com

### Abstract

**Introduction :** By promoting health equity and providing preventive care, community health nursing (CHN) plays a critical role in enhancing population health. This review emphasizes how CHNs engage communities and promote interdisciplinary collaboration to address inequities, promote health, and prevent disease. It talks about community involvement, preventive tactics at all levels, and the difficulties CHNs encounter. For equal results and sustainable healthcare systems, CHN practice must be strengthened.

**Keywords :** Community health nursing, Preventive care, Health equity, Public health, Nursing practice

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**How to cite this article :** Saini P, Sharma S, Narolia J, Mudgal, Sharma A, Samudre MM. The Role of Community Health Nursing in Promoting Preventive Care and Health Equity: A Comprehensive Review. Glob. Nurs. J. India 2025; 8: II: 837-839.

Submitted : 21/08/2025, Accepted : 01/09/2025, Published : 07/09/2025

### Introduction

Assuring equitable healthcare delivery and bolstering preventive measures to enhance population health are critical tasks for community health nurses<sup>1</sup>. CHNs play a crucial role in addressing socioeconomic determinants of health, putting preventive care measures into place, and promoting health equity among a variety of communities in light of the rising burden of infectious diseases, chronic diseases, and

health disparities<sup>2</sup>. Community health nursing is a key component of primary healthcare delivery, and global health agendas, such as the Sustainable Development Goals (SDGs), place a strong emphasis on preventative care and fair access to healthcare services<sup>3</sup>.

### Preventive Care in Community Health Nursing

Interventions for disease prevention and well-being promotion are part of preventive care. In communities,

CHNs carry out basic, secondary, and tertiary preventive measures?. Vaccinations, health education, nutrition counseling, and lifestyle modification programs are all part of primary prevention. In order to promote early detection, secondary prevention entails screening for cancer, diabetes, and hypertension. Through home visits, follow-up treatment, and assistance with self-management, tertiary prevention aims to minimize disease consequences and promote rehabilitation. CHNs lower healthcare costs, lessen the burden of disease, and foster healthier communities by incorporating preventative care into their daily community nursing practice.

### Promoting Health Equity

Fair possibilities for everyone to attain optimal health are guaranteed by health equity, irrespective of socioeconomic background, location, gender, or ethnicity. CHNs advocate for inclusive healthcare policies, identify disadvantaged groups, and close access gaps at the local level<sup>1</sup>?. They tackle obstacles such as poverty, low health literacy, and insufficient access to medical facilities<sup>11</sup>. Among the tactics are patient advocacy, culturally responsive care, community-based outreach, and connecting people with social services<sup>12</sup>.

### Community Engagement and Education

A key component of CHNs' work is community engagement. CHNs<sup>3</sup> frequently lead workshops on chronic disease prevention, maternity and child health initiatives, school health programs, and health promotion campaigns. They enable people and families to take part in health decision-making and adopt healthier habits by providing culturally relevant education?.

### Interdisciplinary Collaboration

In order to improve health promotion and preventative initiatives, CHNs work in conjunction with doctors, social workers, public health officials, and non-governmental groups. This guarantees all-encompassing care that takes into account social variables including housing, education, work, and environment in addition to medical demands.<sup>6</sup>

### Challenges and Future Directions

Despite their contributions, CHNs still have to deal with issues such as a lack of workers, scarce resources, and growing

demands brought on by global health crises and demographic shifts. The scope and effectiveness of CHNs can be improved by bolstering nursing education, growing community-based initiatives, and incorporating technologies like electronic health records and telemedicine. To guarantee equity in healthcare systems, policies must give community health nursing funding first priority<sup>1</sup>?

### Conclusions

In order to advance health equity and preventative care, community health nursing is essential. By emphasizing illness prevention, tackling inequalities, involving communities, and encouraging cooperation, CHNs revolutionize public health. For health systems to be fair and sustainable, their role must be strengthened through resources and policies that support it.

### Financial support and sponsorship : Nil

**Conflicts of interest :** The author declare that they have no conflict of interest with regard to the content of the report.

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