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**DIPLOMA IN CLINICAL MEDICINE AND SURGARY**

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**TOPIC: Health Education;**

- Definition
- Aims of health education
- Objectives of health education
- Health Education approaches

## INTROCUCTION.

Health education has its origin during the ancient period when principles of disease prevention and health promotion were advocated and practiced. Health education at that time was communicated by face interaction. Currently health education is formal in its approach , it is institutionalized and is organized within the health care delivery system.

## DEFINATION

Health education refers to the combination of learning experiences in order to help communities and individuals to improve their health by impact with knowledge, skills and influencing their attitude

this can be achieved through;

- I. Giving them good skills
- II. Influencing their attitude
- III. Impacting them with knowledge

According to W.H.O , health education is the general education that is concerned with changes in knowledge, feeling and behavior of people.

According to Thomas wood ; health education is the sum of experiences which favorably influences habits, attitudes and knowledge relating to individual and community social health.

## **AIMS OF HEALTH EDUCATION:**

An aim is what a group of individuals opt to achieve. The following are the some of the main aims of health education:

a. **To provide information about health and its value as community asset** – Health education aims at acquainting the etchers with the rules of health and hygiene. Functioning of Precautionary measures to ward off diseases and to provide good disease free working conditions.

b. **To maintain norms of good health:** The authorities should provide hygienic environment in the form of adequate ventilation proper temperature, good sanitation and all round cleanliness. It helps the authorities to keep certain norms of health.

c. **To take precautionary and preventive measures against communicable diseases.** Its aim is to take adequate precautions against contamination and spread of diseases. Thus good sanitary arrangements are made. Precautionary and preventive measures. If they are properly adopted can help in improving the health standards of society.

d. **To render assistance to the school going children an understanding of the nature and purpose of health services and facilities** – It aims at discovering physical defects and other abnormalities in the child and promoting their reduction if they are easily curable.

e. **To develop and promote mental and emotional health** – Mental and emotional health are also equally important along with physical health. While physically health makes a pupil physically fit mental and emotional health enables him to maintain an even temper and a happy disposition.

f. **To develop a sense of civic responsibility.** School is a miniature society Responsibility of skill health does not lie on any one's shoulders. Even some cause of skill health has their origin in social conditions which require action on the part of community as a whole in order to eradicate them. It aims at realizing the people to make combined efforts and work for community health.

## **OBJECTIVES OF HEALTH EDUCATION;**

The following are the comprehensive list of functional objectives of health education to be adopted in schools.

1. To enable the students to develop a scientific point of view of health with reference to traditional and modern concept of health.
2. To enable the students to identify health problems and understand their own role on health and to medical agencies in meeting those problems.
3. To enable the student to take interest in current events related to health.
4. To enable the students to arrive at suitable conclusions based on scientific knowledge and take action as an individual member of the family and community for protecting maintaining and promoting individual and community health.
5. To enable the students to set an example of desirable health behaviour.

6. To enable the student to understand the causes of the pollution of air water, soil and food as well as their ways and means of prevention.
7. To enable the students to gain sufficient knowledge of first aid.
8. To provide desirable knowledge about marriage sex and family planning to the students.
9. To help students to understand the importance of Physical training sports, games, yogic exercises as well as their relationship with health education programme.
10. The emphasize students on the bad effects of smoking and taking alcohol etc.
11. The acquaint students with the functioning of various organizations working for the maintenance of health.
12. To help students understand how the present day rapid development of science and technology as increased the hazards of life and health problems and also how to face and prevent them.

## HEALTH EDUCATION APPROACHES

There are three main approaches which are

- Individual
- Group approach
- Mass approach

### 1. Individual approach

Doctors/nurses who are in direct contact with patients or their relatives have opportunity for much individual health education

The topic selected should be relevant to the situation, for instance a mother who has come for delivery should be told about child birth not about malaria eradication.

### Advantages

- Can be done in doctor's consultation room
- One can discuss, argue and persuade an individual to change behavior
- Individual has opportunity to ask as many questions as possible

## Disadvantages

- Small number can be reached at a time
- Only given to those coming into the hospital or meeting the public health personnel
- Can be time consuming

## 2.GROUP HEALTH EDUCATION

Groups are many; mothers, patients, industrial or school children etc..

The choice of subject in group health teaching is very important. It must rotate directly to the interest of the group eg;

- Mothers taught about baby care
- School children about oral hygiene
- Group of tb patients about tuberculosis
- Industrial workers about accidents

Methods of group teaching

These have been classified as follows;

### 1..One way or didactic methods

- Two way or Socratic methods
- *1 one way / didactic methods include*
- *Lectures*
- *Films charts and puppets*
- *Flannel graph*
- *Exhibits*
- *Flashcards*

#### A. Lectures.

this is the most popular method. Here communication is one way i.e the people are only passive listeners and there is no active participation on their part of learning.

The personality/reputation of the speaker determine how the lecture will be effective.

#### B. Film, charts and puppets

- Films: They have mass media of communication and may be of value in educating small groups

- Suspense charts: each section of the chart is covered and is exposed one by one to reveal the story ideas without exposing the whole chart at a time
- Puppets: are dolls made by hand and a story can be narrated using them. It is a teaching aid.

C. Flannel graph:

It consists of a wooden board over which is pasted or fixed a piece of rough flannel cloth.

It provides an excellent back rand for displaying cut out pictures and other illustrations

It is a very chief medium, easy to transport and promotes through artism and pictures must be arranged in proper sequence based on the talk to be given

D. Exhibits:

Consists of objects, models, specimens etc. They convey a specific message to the observer. They essentially mass media communication

E. Flash cards:

Series of cards approximately 10 x 12 inches each with an illustration pertaining to a story or talk to be given Each card is 'flashed' or displayed before a group as the talk is in progress. Message on cards should be brief and to the point

## 2) two way or Socratic methods

They include:

- Group discussion
- Panel discussion
- Symposium
- Role playing
- Demonstration

❖ Group discussion

It is a very effective method. people learn by exchanging their views and experiences. the group should comprise of not less than 6 and not more than 12 people. There should be a group leader, who initiates the subject, prevents side conversations, encourages everyone to participate and sum up the discussion on the end

#### ❖ Panel discussion

It is a novel method of health education. its success depends upon the chairman. The panel consist of the chairman, moderated and four to eight speakers. The panel sits and discusses a given problem in front of a group of audience. The chairman opens the meeting , welcomes the group and experts on the subject.

The discussion should be spontaneous and not notarial. after the subject is discussed, the audience is invited to take part. it can be an effective method if properly planned and guided.

#### ❖ Symposium

It is a series of speeches on the selected subject by experts there are no discussion of the subject by the experts. In the end it is when the audience ask questions and contribute.

#### ❖ Workshop

It consist of a series of meetings. The total workshop is divided in small groups. Each group will choose a chairman and a recorder.

#### ❖ Role play

Also known as social drama. Group members enact the role as they as they have observed and experienced them. It is followed by a discussion of the subject problem

#### ❖ Demonstrations

Practically demonstration is an important technique of the health education. We show people how a particular thing is done- using a toothbrush or bathing can be shown to a child. It leaves a visual impression in the minds of the people.

### **Advantages of group approach**

- Familiar, trusted and influential
- Reaches more people
- Not expensive
- People can share experiences

## Disadvantages of group approach

- does not provide personal attention
- require approval from authorities
- can be time consuming

## 3.MASS APPROACH

It's the education of the general public. It includes

- Posters
- Health magazine
- Films
- Radio
- Television

Mass media are generally less effective in changing human behavior than individual and group methods, though are very effective in reaching large numbers of people with whom otherwise there would be no contact

For effective health education, mass media should be used in combination with other methods

## Advantages of mass approach

- Large number of people can be reached
- People of all social economic status have access to health education

## Disadvantages of mass approach

- one way communication individual needs might not be met
- there is no way one can ask a question



## SUMMARY

### Health education

#### Individual approach

Personal contact.  
Home visits.  
Personal letters.

#### Group approach.

Lectures.  
Demonstration.  
Group discussion  
Panel discussion.  
Symposium.  
Workshop.  
Conference.  
Seminars.  
Role play

#### Mass approach

Television  
radio  
news paper  
Printed material  
posters  
Health museum  
Internet  
Films

#### *Reference :*

- *K park ..The textbook of preventive concepts*
- *Health education theoretical concepts- (W.H.O)*
- *@2021 online note bank*