

Health Education and the Role of Nurses

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HEALTH education is a basic ingredient in preservation of Health, as Health is a fundamental Human right. The 'Alma Ata' declaration in September 1979 "Health for All by 2000 AD" was based on Primary Health Care objectives. The Primary Health Care has several components and one amongst them is Health Education Programme. This is a vital area where Nurses have a major role in delivering the Health care system. Health education is defined as "education of the masses about health matters and the practical measures through which they can achieve a state of Positive Health.

Positive Health is defined as the "state of complete physical, mental and social well being but not merely the absence of disease or infirmity".

If one goes through the Revised I.N.C. Syllabi for the General Nursing and Midwifery of 1986, pages 35-37 (Health Education and Communication Skills), the importance of Health Education in Community Health Nursing is highlighted as per the requirement of today's Health care system.

The Nurse as health educator can give information to patients and their relatives, about the illness, various diagnostic procedures with their effects, the likelihood to reduce complications and positive help to recover and after care on discharge. (I feel these should be added in the Nurses' Record Book and included in examinations conducted by the Boards or Councils). Here I say the nurse is the eye for the Blind, Ear for the deaf and Consciousness for the unconscious and a Guide for health. Educating the patients appropriately and systematically

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during stay in hospital and after discharge will not be a simple chatting but is effective. This is why nurse is called "a patient's health teacher".

Health education is an integral part of community medicine. Health education is very essential in the execution of community health programmes. Health education helps in the motivation of the people through making them aware of health problems and practice prevention. This is the nucleus for the success of the Community Health Programme.

Can a Nurse be a Health Educator?

Health Educator should be a learner so that: (1) Relevant and accurate information about General Health and their relatives is supplied. (2) She can teach patients and relatives as to how to avoid complications and how to reduce sequel of ill-health. (3) She should teach patients and their relatives as to how to meet effectively disability both during stay in hospital and after discharge. (4) She should be able to communicate effectively and sensitively with patients and relatives.

To fulfill the above and carry out health education effectively the Nurse should have:

- (1) A committed attitude to the task with good communication skills.
- (2) An adequate knowledge of relevant Health matters.
- (3) A good skill to demonstrate clearly on recognising an opportunity for informal Health education and thus she can be competent Health educator.

Opportunities to Practice health education for the nurse are limitless. The Nurses have to create an opportunity for carrying out Health education. If a Nurse fulfills her professional Nursing func-

tion there are several opportunities to practise health education. While practising health education the nurse must have to communicate effectively. This is transmitting the message with correct interpretation so that the meaning is not lost or changed. This is possible in the communication if appropriate language is used. The feed-back is a must to achieve the goal. Nurse should make it a point to take teaching as an integrated part in her daily Nursing care. All Nurses should make it a point not to overlook patient's teaching. Teaching is a process which includes understanding what is told and supplying further information to the patient to carry out effective teaching on several factors like Nurses' skills of communication, I.P.R. initiative and language. If the patient is depending more on the Nurse it is the best opportunity to achieve effective teaching.

The Process of Health Education

The Nurse must be aware to plan the Health Education and make it a purposeful effort. This calls the Nurse to plan this process in 5 stages as follows:

1. Assessment of the need for Health Education: This is done by gathering information but the Nurse should remember that she is also observed by the people while she is gathering the information.
2. The objective for the Nurse should be to help people in achieving health by their own efforts and actions. Here the main function is to point out in the learner's point of view. Which is always not very easy.
3. Here the Nurse should assess the readiness of the patients or relatives for receiving Health Education.

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आवश्यकताओं से अवगत कराना ताकि वे उसकी उचित देखभाल कर सकें।

५. अवसर प्लास्टर लगे मरीज को लंबे समय तक किसी न किसी प्रकार दूसरों पर निर्भर रहना पड़ता है। अतः किसी भी प्रकार उसे उपयोगी बनाए रखना एवं रचनात्मक संभव क्रियाकलापों द्वारा उसकी शक्ति का संचय बहुत महत्वपूर्ण हो सकता है।

दवाएं एवं खान-पान संबंधी आवश्यकताएं

१. दवाओं के संबंध में पूरी जानकारी दें।

२. दवाओं के समय, मात्रा एवं अवधि साफ साफ बतायें। आवश्यकता पड़ने पर

उसे अपनी भाषा में लिखने का अवसर दें।

३. चिकित्सक से दुबारा मिलने की तिथि, समय, दिन एवं स्थान बताना न भूलें।

४. खान-पान के संबंध में प्रोटीन पदार्थ लेने की सलाह साधारण तौर पर दी जाती है जो दालों, सोयाबीन, मांस, मछली, अण्डे, दूध एवं पनीर आदि में पाया जाता है। प्रत्येक रोगी की आवश्यकता अलग-अलग होती है।

इस तकलीफ से जुड़े अन्य रोग भी खान-पान में परिवर्तन हेतु बाध्य कर सकते हैं।

५. खान-पान संबंधी सलाह देते समय ध्यान रखें कि रोगी को किस स्थान का

रहने वाला है उसकी आर्थिक स्थिति कैसी है एवं कौन से साधन उपलब्ध है।

प्लास्टर का निकाला जाना

निश्चित तिथि पर ही चिकित्सक की सलाह अनुसार इसे निकाला जाता है। कभी भी घर पर उसे निकालने का यत्न न करें। इसे निकालने की विधि, औजार एवं व्यक्ति की अपनी विशिष्टता होती है।

प्लास्टर निकालने के तुरन्त बाद शरीर का हिस्सा इतना चुस्त और मजबूत नहीं होता कि तुरन्त प्रयोग किया जा सके अतः धीरे-धीरे सावधानीपूर्वक आवश्यक चिकित्सकीय सलाह लेकर पुनः सक्रिय हुआ जा सकता है।

Nursing Care in Haemodialysis

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manually till power returns.

13. *Air embolism*: Very rare complication but may arise during procedure. Check the air trap of machine. If it occurs, handle the situation with emergency.

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SEW Workshop

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Workshop reports, their suggestions to meet the objectives of different states. The group became integrated very quickly and participation was extremely active and motivation was high. Participants also agreed to continue the post-Workshop projects and continue their study of "Leadership Development and Management Skills".

Finally, Mrs. Kingma awarded certificates to the participants. National Workshop concluded with the Valedictory function by participants. Mr. Rajasekharan, on behalf of the participants, expressed the view that on the whole participants were very satisfied. Mr Sundram proposed a vote of thanks to all those who contributed to the success of the programmes specially Mrs Kingma, Mr Prasz and Mrs. Nagpal for conducting the lectures and providing facilities. He said that the participants also acknowledged

that the organization of the national workshop was very well done. He also thanked Miss Durga J. Mehta for presiding over the workshop.

Mrs. Rita Sarkar

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4. Now, the time is to implement the process as the patient or relative is ready to learn. This is in terms of influence by personal factors, which play a major role in the learning process. The Nurse should plan carefully before practicing the Nursing procedure on the patient.

5. Once the process is completed, though at every stage it is evaluated, the final evaluation is to verify how far the set goal is achieved. The Health Education process involves reassessment at every stage.

Today, Health Education has the responsibility of Government

and there are Bureau of Health Education in all State Health Directorates. The Press and Radio and Television are very active now-a-days in Health Education work.

Students' Forum

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The cause of this SNA activity was a national cause, it was decided to give Rupees three thousand only towards the Prime Minister's Relief Fund, this whole decision taken by an official committee of five members from SNA Unit itself.

We were even more proud when as our representative Miss Kalpana G. Dhomse, Nursing Tutor, had the honour to personally present the amount of Rs. three thousand and one of the Honourable Prime Minister, on October 13, 1989 at Parliament House, New Delhi.

The Prime Minister conveyed his deep gratitude and personal thanks to the student nurses of the School of Nursing, S.S.G. Hospital, Baroda, for their hard work.