

Communication for Health

Experience of a Poster Competition

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COMMUNICATION for health is vital as the world moves into the last decade of the twentieth century, and, is striving to achieve the goal of 'social equity' and 'health for all by the year 2000'. For this reason, the theme chosen for World Health Day, 1989, was "Let's Talk Health."

Keeping the above theme in view, the Preventive and Social Medicine Department of Maulana Azad Medical College has organised a number of Health Education and Communication activities in the College, its associated hospitals, rural and urban field practice areas and Mata Sundari area, which is used by the Department for Health Advisory Programme for training Medical students. The methods of education and communication selected were those, which encouraged maximum participation of the people. The programmes organised were:

- Poster competition for staff and students of the College.
- Quiz programme.
- Well baby shows.
- Songs and skits on health.
- Film shows followed by group discussion, etc.

The poster competition was organised for the staff and the students of the College, associated hospitals and the School of Nursing. This competition was unique for it envisaged participation of all categories of personnel of the health care team, to create simultaneous awareness and to boost the feeling of one common team.

The themes selected for poster making were:

1. Immunization—A chance for every child.
2. Population Explosion.
3. Drugs or life—choice is yours.
4. Farewell to arms.
5. Pollution.

The publicity work regarding the poster competition was done through:

1. A circular to all the Heads of the Departments of the College and associated hospitals and the School of Nursing, informing them about the competition and requesting them to encourage their staff and students to participate in it.
2. Display of posters at all the prominent places, informing the people about the competition, its conditions for participation and the cash awards for winners.

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3. Making announcements in the lecture halls/class rooms for medical and nursing students.

4. Meeting the influential people among the staff and students, to find out the names of the people good in art work and then making personal contacts with these people to encourage them to participate in the competition.

The participants were given four days from 19-4-89 to 22-4-89 to prepare and submit their entries. The art material, poster papers, art cards, ivory sheets, water colours, brushes, colour trays, pens, pencils etc. were provided by the department. The museum of the department with art material and art instruments was kept open on the above dates for the participants to provide facility for poster making. A total of 57 entries were received out of which 46 entries were complete.

The participants of complete entries were:
Medical students (23)

2nd year students-9; 3rd year students-4; 4th year students-4; 5th year students-6;

Nursing students (13)

2nd year Nursing students-7; 3rd year Nursing students-5; Midwifery students-1;

Staff of the College & Hospitals (10)

Doctors-4; Nursing Tutors-4; Administrative staff-1; Cleaner-1.

These posters were used for organising one exhibition in the College from 26-4-89 to 29-4-89. It was inaugurated by the Dean of College, Dr. D.S. Agarwal. The inauguration function was attended by faculty members, staff and students of the College and hospitals. Dr. D.S. Agarwal in his speech emphasised the importance of World Health Day's theme for this year and the role which the College staff can play in communicating important health facts to the general public through various methods and media.

A four-member committee was formed to judge the posters for prizes. The members of this Committee were: 1. Dr. Dhiraj Chowdhry—Head, College of Arts, Delhi University; 2. Dr. S.P. Mehta—Consultant, Deptt. of Medical Education, M.A.M. College; 3. Dr. N. Nath—Director—C.H.E.B., Kotla Road, New Delhi; 4. Dr. R.K. Puri—Head of the Paediatrics Deptt., L.N.J.P.N. Hospital.

All the judges were provided a file for judging
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Religious and Psychological Aspects of Abortion

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The patients, who become depressed or neurotic after MTP, discontinued the contraceptives much more than the rest. So the acceptance or discontinuation of contraceptives has a positive relation with psychological outcome of MTP. The more severe is the psychological outcome the more is the discontinuation of contraceptives. Again, there will be conception and option for repeat MTP. This causes a grave danger to the physical and mental health of the patient and also a huge economical loss to the country.

The psychological outcome of MTP (abortion) is poor in patient who is adolescent, unmarried, of strong religious background, and has pregnancy resulted from rape, poor family support (husband is dead, separated or drug addict, etc.) or when the patient is undergoing MTP against her wish (either due to husband or in-laws' desire). There are more psychological sequelae of MTP if patients had past history of poor social or occupational adjustment or any mental illness. There is more risk to maternal life if patient has duration of pregnancy more than 12 weeks.

Religious Point of View : The oldest Hindu religion and philosophy identified in induced abortion as "Bhrun Hatya" which is a great sin equal to the murder of a human life (veda, Mahabharat). A similar view has been propagated by Buddhists too. The Jew and Christian religions also assert that man has no right to take away the human life in whatsoever way during or after its birth, since unborn child has the same right to live as a born one. According to Erik Erikson, "the most deadly of all sins is the mutilation of a child's spirit."

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the posters. Before starting their work, they had a brief meeting, in which they decided common criteria and indicators for selecting the posters for prizes. All of them went through the posters and marked the posters for prizes in their separate files and then they together discussed and prepared the list of prize winning posters.

The following staff and students were declared winners of the competition :

- 1st prize, Rs. 200/- : Miss Manjula, 2nd year student Nurse.
2nd prize, Rs. 150/- : Miss Navreat Mahali, 3rd year M.B.B.S. student.
3rd prize, Rs. 100/- : Mrs. M. Massay, Nursing Tutor.
Consolation Prizes, Rs. 50 each

1. Miss M. Murmu, 2nd year M.B.B.S. student;
2. Miss Neeta Ich, Nursing student, Midwifery;
3. Sachin Goel, 2nd year M.B.B.S. student; 4. Vinod K. Malik, Cleaner.

The exhibition was visited by a large number of College and hospital employees, students and visitors and it proved to be a very effective communication medium in creating awareness about the W.H.O. theme for this year.

It is quite surprising that our society along with almost every known society on the face of the earth, celebrates physiological birth. We celebrate in a way we do not celebrate conception. No wonder we mourn the death of a neonate in a way, we do not mourn a still born, a miscarriage or an abortion.

There can nothing be more destructive to a child's spirit than being unwanted and there are few things more disruptive to a woman's spirit than being forced without love or need into motherhood. Sigmund Freud (Father of Psychology) said that it would be one of the greatest triumphs of mankind, one of the most tangible liberations from the bondage of nature to which we are subject, were it possible to raise the responsible act of procreation to the level of a voluntary and intentional act and to free it from its entanglement with an indispensable satisfaction of a natural desire.

The majority of patients belonging to different religions, when interviewed, claimed that until the foetus is capable of living separately (*i.e.* 28 weeks of pregnancy), it is neither a sin nor against religion to get the pregnancy terminated.

From the present experience, it is worthwhile to suggest that unless the important factors attributing to the failure of Family Planning Programme (*i.e.* illiteracy, unawareness about methods, uneasy availability, high complications or failure rate of contraceptives, poor motivation or poor followup facilities etc.) are removed, the number of women seeking MTP services will be going to increase, thus causing more and more physical and psychological risks to the maternal health and thus a great wastage of national resources.

Stress among Psychiatric Nurses

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These improvement mechanisms need to be periodically monitored in terms of their appropriateness and effectiveness.

By implementing such creative and innovative programme actions no doubt, the psychiatric nurses will have lesser stresses and more effective coping skills. Such changes require active co-operation and collaboration of different mental health professionals, health administrators, nurse educators and policy makers.

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