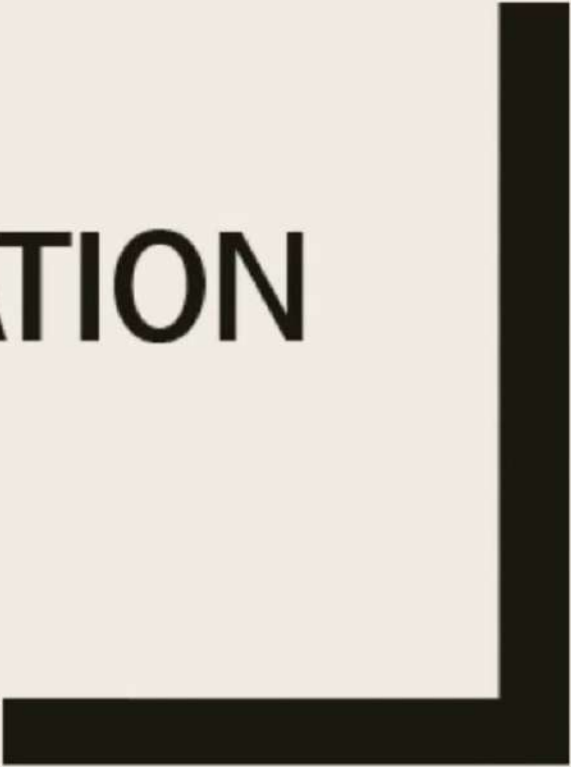




HEALTH EDUCATION

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Health education

- Health education is an essential tool of community medicine. It is process by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance or restoration of health.

Health education

- Health education is the part of health care that is concerned with promoting healthy behavior.
- Many health problems are due to the lack of knowledge regarding health among the people.

Health education

- Health education is a process which produces changes in the health practices of people.
- Health education about common diseases is an essential component of Primary Health Care.

Aims of health education

1. To ensure that health is valued as an asset of the country.
2. To equip people with skills, knowledge and attitudes to solve their own health problems.
3. To promote the development and proper use of health services.

Areas of Health Education

1. Human Biology
2. Nutrition
3. Hygiene
4. Mother and Child health
5. Prevention of Communicable diseases
6. Prevention of Accidents
7. Use of Health Services
8. Mental Health

Principles of Health Education

- To be effective Health education should be imparted following certain principles.
- Merely talking about health will not lead to behavior change.
- The basic aim of Health education is to produce behavior change for better health.

Principles of Health Education

- Interest
 - Participation
 - Comprehension
 - Communication
 - Motivation
 - Reinforcement
 - Learning by doing
 - Good Human relations
-

“Interest”

- People will listen to and learn only things that they are interested in.
- Health educators should find out the health needs of the people.
- And then give information to satisfy those needs.



“Participation”

- Participation is one of the most important principles of Health Education.
- Participation will lead to active learning, which is more effective than passive learning.
- Group discussion, panel discussion, workshop are examples of active learning.

“Comprehension”

- Health education to be effective the teacher should know the level of education and literacy of the audience.
- Health education should be within the mental capacity of the audience.

“Communication”

- Communication is the process by which the health information is transferred to the target audience.
- The language and words used should be simple and understandable to the audience.

“Motivation”

- Stimulation or awakening of the desire to learn is called motivation.
- Some of the motives are – praise, reward and punishment.
- The health educator should try to stimulate the desire to learn.

“Reinforcement”

- Repeating the health message is important for learning.
 - The health message should be given repeatedly.
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“Learning by doing”

- Learning should be active and not passive.
 - People should learn by doing.
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“Good Human relations”

- People relate the health message with the person giving the message.
- So the Health educator must be kind and sympathetic.
- People should consider him/her as their friend.
- So good human relations is very important for health education.

Stages in Education

1. Awareness
2. Motivation
 - 1) Interest
 - 2) Evaluation
 - 3) Decision-making

Audiovisual aids



- For effective Health Education merely talking is not enough.
- Some audiovisual aid has to be used to convey the message in a more effective way.
- There are many Audiovisual aids to assist health education.

Audiovisual aids

Audiovisual aids can be classified into

■ Visual aids

- Posters
- Black board/White board
- Flannel graph
- Slides
- Films (silent)
- Overhead Projector

Audiovisual aids

Audiovisual aids can be classified into

■ Combined AV aids

- Television
- Films/Videos
- LCD projector

Audio visual aids are to assist the health educator and not replace him.

Methods of Health education

Health education can be done at 3 levels

- o Individual
- o Group
- o General Public.

Individual level

Doctors, pharmacists, nurses and other health professionals who come in contact with patients can provide health education at individual level.

- Cardiac patient can be given health education about healthy diet, exercise, drugs etc.
- A pregnant lady can be given health education about diet, child care etc.

Individual level

- The advantage of this method is that the person gets full attention and he can ask questions, clear doubts and discuss very personal or intimate health topics.
- The main disadvantage is that the number of people to whom we can provide such health education will be very small.

Group health education

- In this method health education is given to a group of people.
- Mothers, school children, patients, industrial workers.
- Choice of the topic of health education must be selected with care to make sure that it is of interest to the group.

Group health education

- Group health education must not be passive in which the health educator alone talks.
- There should be active participation by the group members.
- The health educator must allow the group members to ask questions and give suggestions.

Methods of group education

■ Methods used for group education are:

- Group discussion
- Panel discussion
- Symposium
- Workshop
- Role playing

Group discussion

Group discussion is a very effective method of health education.

- The size of the group should be between 2-20.
- The group should have a leader who will start the discussion, keep the discussion on the topic, encourage all members to participate, prevent any individual from dominating the discussion.

Group discussion

- There should be a “recorder” who will note the points being discussed and prepare a final report.
- The advantage of group discussion is that every member of the group gets a chance to put his viewpoint and the entire group will accept the decisions of the group.

Group discussion

- **Disadvantage** is that some members may dominate the discussion or they may stray from the main point and discuss irrelevant things.
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Panel discussion

- In this a panel of speakers (4-8) will discuss the topic of interest before an audience.
- The chairman will open the discussion, manage and finally conclude the discussion.
- The speakers will talk briefly about the topic.
- The audience can ask questions, give suggestions, present their problems and the speakers will respond to it.

Symposium

- Is a series of lectures by experts on a topic.
- The audience can ask questions after the presentation.

Role playing

- A small drama is enacted by a group showing a health situation of importance.
 - Antenatal visit, use of oral rehydration solution.
- The role is enacted before a small group of people (about 25 members).
- After the role play there is a discussion during the audience can clear their doubts.

Health education to General Public

- It is done through mass media.
 - Television, radio, newspaper, posters etc.
- It is the best way of conveying information to a large population. ●
- However it is not effective in changing human behavior.

Barriers of communication

- Health education is basically communication between the health educator and the target audience.
- For effective health education there should be good communication.
- If communication is not good health education will be a failure.

Barriers of communication

■ Types of Barriers includes:

- Physiological – difficulties in hearing.
- Psychological – emotional disturbance.
- Environmental – noise, invisibility.
- Cultural – illiteracy, social class difference, gender differences.





School Health

- The School Health Services Program is a component of the public health system that provides basic health services to all public school students.



School Health

The services include:

- Health appraisals.
 - Nursing assessments.
 - Child-specific training.
 - Preventative dental screenings and services; vision, hearing, scoliosis, and growth and development screenings.
 - Health counseling.
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School Health

The services include:

- Referral and follow-up of suspected or confirmed health problems
- First aid and emergency health services
- Assistance with medication administration
- Health care procedures for students with chronic or acute health conditions.



School Health

The goal of school health services is to ensure that students are healthy, in school, and ready to learn.



Objectives of school health program:

- health promotion of school children,
- prevention and control of health hazards, and
- rehabilitation of the handicapped.



The school child is the subject of special consideration for many reasons:-

- **This group is of vital importance to the health of the community,**
- **They constitute a sizeable segment of the population.**
- **School children are subject to the risks and dangers of communicable diseases.**
- **They undergo the stresses and strains of growth and development.**

- **The physical, mental and emotional stresses should always be considered.**
- **Unsanitary environmental hazards are gaining lots of attention due to its impact on health.**
- **There is close relationship between health and education:**
 - **“Education is fundamental to health and health is vital for efficient education”.**
- **Supervision of health in schools needs to be comprehensive and continuous.**

Targets of School Health:-

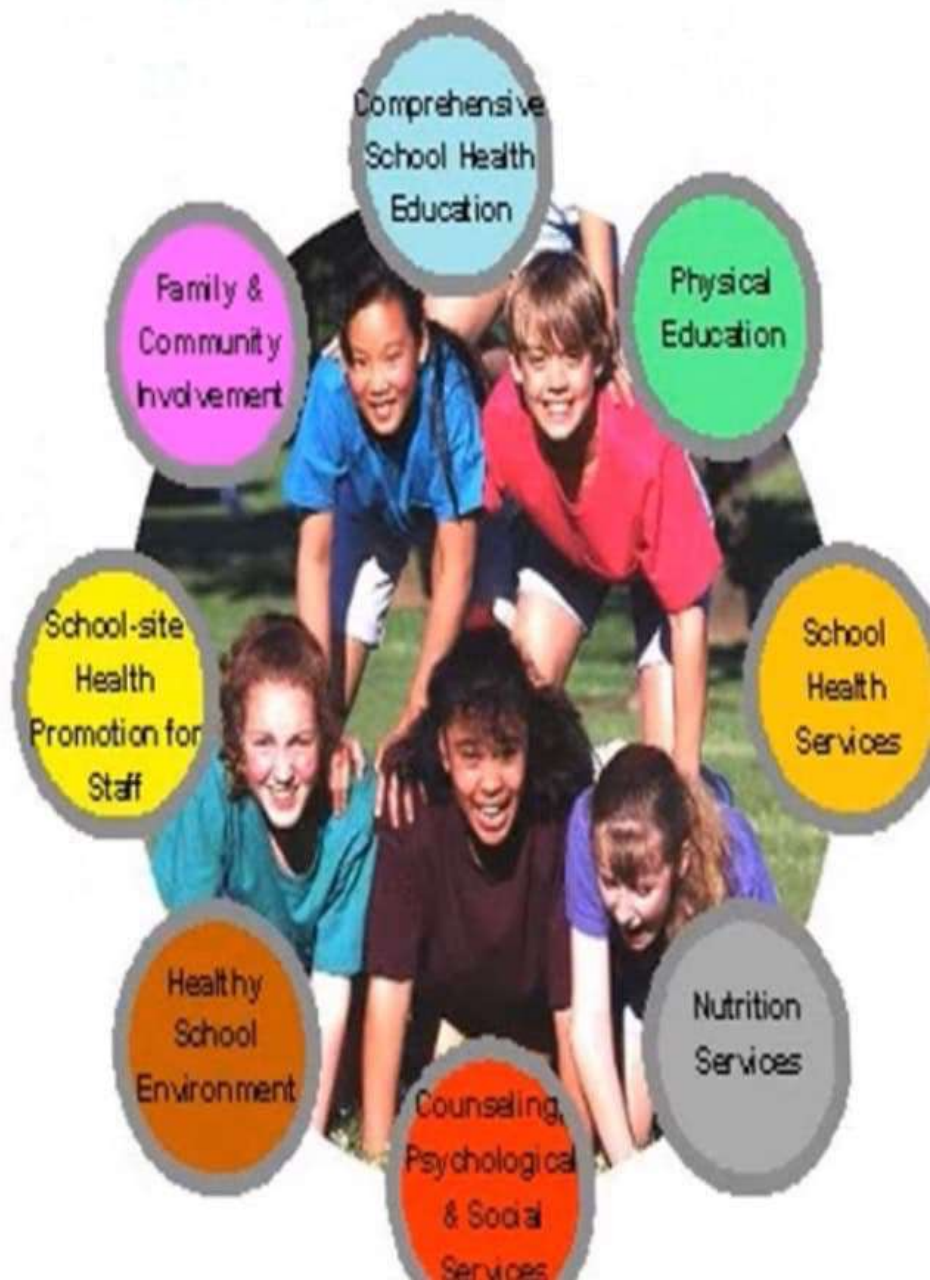
- **Creation of a suitable environment indispensable for healthy development.**
- **To have a clear picture of the health conditions of students and employees through various types of medical inspection and evaluation.**



- **The early discovery of deviations from normal, and the application of prompt corrections.**
- **Training of scholars in health habits through efficient programs of health education.**
- **Care for the handicapped, maladjusted or crippled .**

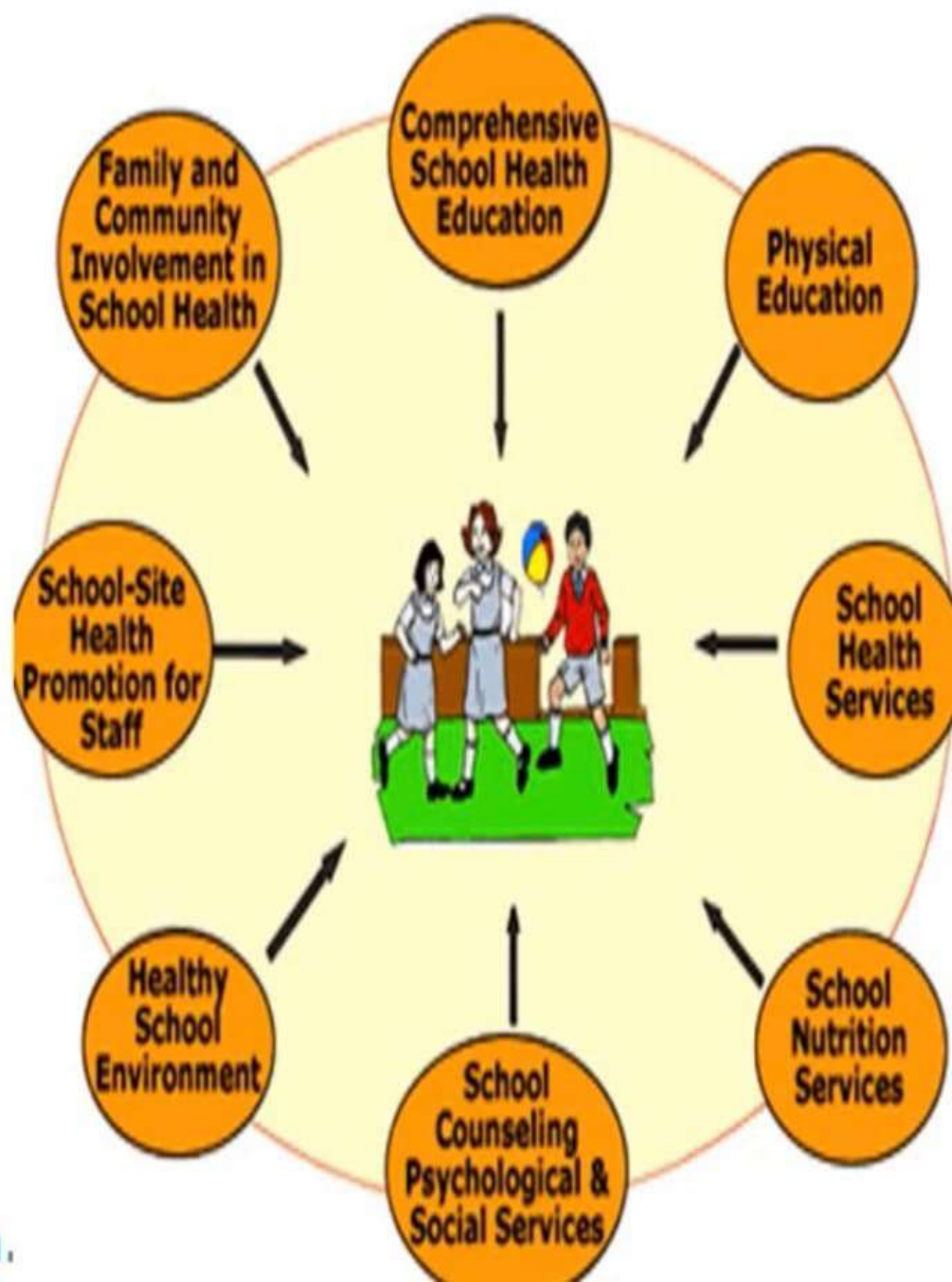
Program of School Health :

1. Health Promotion.
2. Prevention of health hazards.
3. Medical Care .
4. Health Education.



Health Promotion:

- Adequate nutrition,
- Sanitary school environment,
- Meeting the needs for mental development (emotional & behavioral adjustment),
- Physical fitness and activities, (for musculoskeletal development)
- Prevention of mental fatigue, Social activities and recreation.





SCHOOL ENVIRONMENT:

- **Value of Sanitary Environment:**
 - **Basic preventive measure of communicable diseases.**
 - **Contributes to health promotion .**
 - **Provides feeling of comfort, and enhances educational achievement.**
 - **Draws good example of clean environment.**

Components of school Environment:

1. Site and area:

- easily reached.
- Located in quite area.
- 10 – 15 square m. / scholars

2. School building:

- Damp, fire and rat proof.
- 2 – 3 floors
- > 1 stair case.
- Governmental design(E, T, L types).

3. Class rooms:

- Rectangular $6 \times 8 = 48 \text{ m}^2$
- 1-1.5m² of floor area for primary students,
- 1.5-2m² for intermed^o & high school students.
- Windows location on left side.
- Allow best illumination.
- Natural & white ceiling.

- **4. School furniture:**
 - **Suitably suspended writing board,**
 - **Height & slope of desks (15 degree angle),**
 - **Size of seats in relation to students age & built,**
 - **Distance between columns of desks (60 cm.).**



- **5. Kitchen and Dining:**

- Proper illumination & ventilation,
- Rat & insect proof,
- Washable walls & floors,
- Cold & hot water taps,
- Refrigerators ,
- Sanitary refuse baskets ,
- > one door ,
- Proper control of food handlers.



- **6. Water, Sewage and refuse disposal:**
 - **Drinking fountains,**
 - **one tap / 40 students,**
 - **one toilette / 30 students,**
 - **Soap & ? Paper towels**

Objectives medical examination:

- **Case-finding, specially of unapparent disease ,**
- **Assessment of health status of school children,**
(planning and evaluation of school health services.)
- **Primary examination at school entry
(baseline for follow-up of health status),**
- **Health education and guidance of students,**

Medical Care :

1. Health Appraisal includes:-

- comprehensive medical examination,
- screening tests,
- clinical (curative) service, and
- survey studies.



2. Screening Tests:

- **They are simple tests which can be carried out frequently to:**

- To screen for certain pathological conditions or diseases.
- To screen suspected cases of disease, who need further investigation for final diagnosis.

- **Examples of screening tests include:**

- **weight and height,**
- **visual acuity,**
- **acuity of hearing,**
- **IQ testing, and**
- **dental examination.**

3. Clinical Service:

- **School health units,**
- **referrals to specialized clinics,**
- **referrals to hospitals for diagnosis and treatment of disease.**
- **Some cases may need specialized diagnosis or/and management.**



4. Survey Studies:

- **Occasionally required for investigation of a particular disease or health problem, specially when precise data are not available,**
(e.g. nutritional deficiency and parasitic diseases, and handicapping conditions).
- **Objective of survey study:**
 - **to find out ecological data**
(host – agent – environment)
 - or health problem under study,**(which are needed for planning and evaluation of prevention and control programs)

5- Handicapping conditions:

- **May be congenital or acquired.**
- **Children with minor or mild cases of disability can attend regular schools,**
- **Severe forms (e.g. the deaf, blind, or mentally retarded) can attend special institutes.**

Some forms of handicapping conditions in regular school:

- Heart disease:

Rheumatic valvular disease is the most important.

- Musculoskeletal deformities:

mild paralytic poliomyelitis, and healed rickets.

- Impaired vision:

mainly due to errors of refraction, and may be corneal opacity.

- Impaired hearing:

neglected chronic otitis media, ear injury by foreign body, and occasionally ototoxic drugs and complicated meningitis.

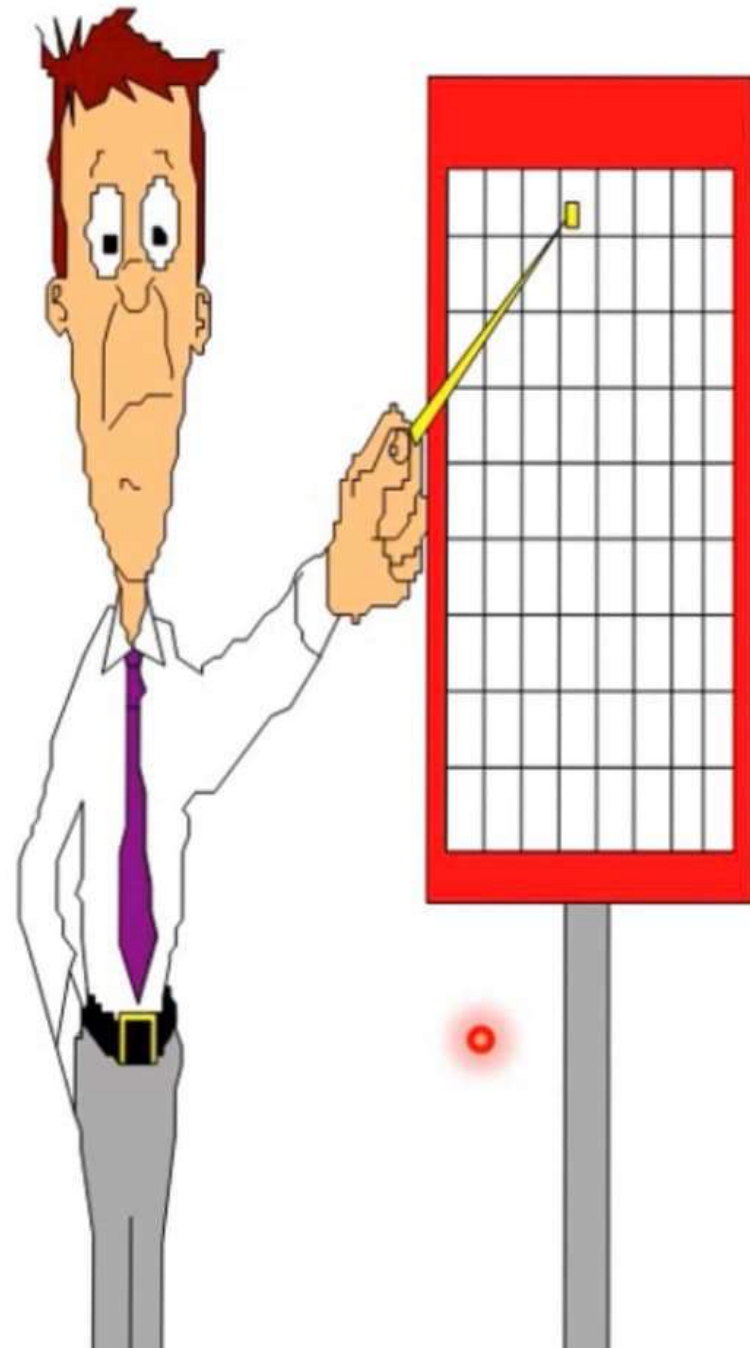


- **School Health Record:**

Each school child should have his own health record, for registration of events and activities related to health.

- **Contents of Record:**

- Personal and social data.
- Results of health appraisal.
- Immunizations /date/age.
- Any morbidity, and management record.



• Value of Health Record:

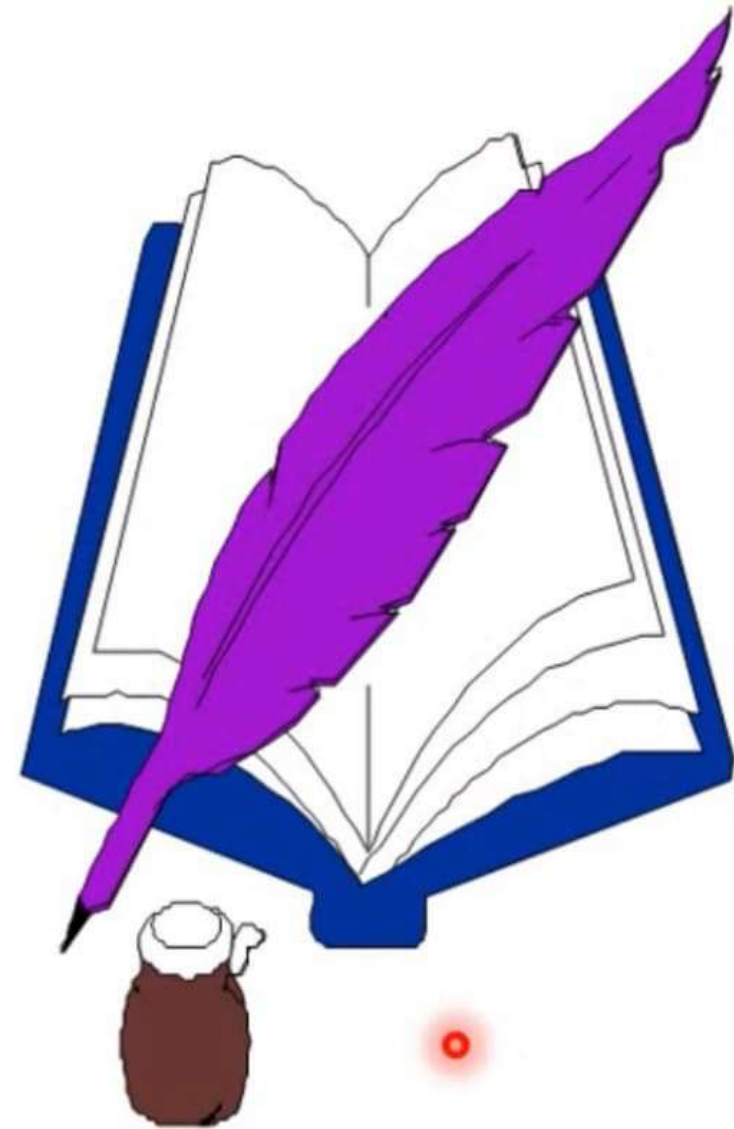
-For reference whenever registered health data are needed;

e.g. past medical history to assist diagnosis of existing disease.

-Allows follow-up of chronic disease.

-Collecting statistical data and indices of school children,

(for future planning and evaluation of health services).



• Role of Teacher:

- **Screening suspected cases through supervision of the students in the classrooms.**
- **Participation in health education program.**
- **Supporting mental health promotion.**



• Role of School Health Physician:

- Health appraisal, including medical examination, and medical care of the sick.
- **First aid and emergency service.**
- **Participation in prevention and control of communicable diseases.**
- **General inspection of the school environment.**
- **Participation in health education program.**
- **Supervising preparation of statistical indices and health reports.**

