

Nursing Contribution in Improving Health Status through Health Education in Rural India

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Abstract

Nursing profession as a health educator has a vital importance in rural health education up gradation. This profession maintain inter sector co-ordination with each & every sector of health for any health programs planning & implementation is essential component. Health education is mandatory to increase awareness among population, but in rural India it is a really a challenge due to lack of resources, man power & illiteracy. In health science system Nurses form a major work force of man power. In rural India all the units of healthy care delivery system majority of manpower in rural health centres comprise with nurses only. The main reasons of failure of health education is that we assume that only illiterate people stay in rural areas and we utilize pamphlets, newspaper, magazine, conferences & seminars for health education. But we neglect unfortunately about the illiterate population. As such Illiteracy is still remaining in rural India so we should develop the new methods of health education. In health science system Nurses form a major work force of man power. In rural India all the units of healthy care delivery system majority of manpower in rural health centres comprise with nurses only.

Keywords: Health Education; Nursing; Rural India; Nurse Role; Audio-Visual Aids.

Introduction

The nurses play a vital role to improve health status through health education. Because they work at root level of community and with keen observation they can improve the health by effective method of health education. The method which we should highly emphasize is folk media, folk Play. Because rural India is rich cultured, rituals, heritage, customs in which puppets, Role play, drama, story telling and folk music provide an effective means

for health education.

For educative persons we should use seminars, panel discussion, symposium, small conference with culture programme, group discussion. In all methods they should have active role to make sure there participation. To increase there active participation utilize there resources at optimum level. Other than that we can use pamphlets, newspaper, magazine & books.

Use of mass media in rural is most effective but we should consider as per group. Educative technical programme for youth generation such as drama, skit on that for illiterate people or children.

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The Nurse's Contribution in Method of Health Education

1. The health education should be according to the group of population which method will be suitable for particular group .
2. Utilize effective technical knowledge and skills

while provide health education which will be motivated the population & ensure their participation.

3. Use of principal of "learning by doing" so use demonstration, simulation, model presentation on various health problem solution & steps.
4. Continue reinforcement on health topics is essential for population on particular problem of the health education to make more effective.
5. The topic should be need based according to need of population and create interest of population & make awareness of population.
6. Always try to go for simple to complex & known to unknown.

Nurses Contribution in Role in Policy Making

Nurses should contribute & take active participation in the organizing health education complaining & policy making because they are the only sources of health education, where as policies & procedures organized by top level of management as such they do not aware about the need of the population. Than what is the use if we will give health education on open field defecation in area where people already use latrines from last 10 years. So health education should be need based.

Organization of Health Education.

- Defining a population for health education.
- Assessment the need and demand ratio of the population by:-
 - Key informants.
 - Health surveys and keen observations.
 - Review of records & reports.
- Prepare the goals, objectives, polices, programme & procedure according to their prioritize need.
- Check the availability of resources.
 - Manpower: work force to health education
 - Money (Financial resources)
 - Material (Audio visual aids)
 - Method.
 - Minute. (Time)
- *Method Selection:* it should be suitable to group, there level of understanding. Check the effectiveness, efficient, accessible & acceptable by population & ensure by population active participation.

- Take prior permission of group leader (such as Sarpanch, Panch, other officiating body in areas, panchayati) to conduct the programme, fix the venue & time.
- Implement the health education programme in distinct setting & timing to effective awareness & greater coverage of population with population active involvement of group or individual.
- Evaluate the health education programme on the basis of feedback by follow up of team and beneficiaries.
- Analysis the achievement put strength & weakness.
- Progressive evaluation of effected of health education programme.

Research Work Finding in Making Health Education

This is innovative, advance and extended area of the health education. Where we can do effective appraisal of our work and practise and utilize best innovative scientific technique by evidence based practise, experiences. In other words we can say that what we have done our job work take lesion from that, assess the mistakes & use effective method in next stages.

Evidence based practice in that we should use distinct method of health education. When we select particular area & assess method of health education according to distinct group, which is most the effective & useful to identify that effectiveness of the method in particular area. Nurses can play important role in that research work to identify effective method in selected areas of population.

Area of Research in Health Education for Evidence Practise

- Area of health education:-subject topics, there need and priority.
- Methods, innovative techniques, its implementation, its impact on group.
- Degree of acceptance and accessibility by group.
- Effective utilization of resources.
- Practice adapted as a result & response.
- Use of modern technology & scientific approach is possible through evidence based practice.

Preparing the Health Team for Health Teaching
Health team for health education based on

multisectorial approach in which the combination of the nurses of distinct position, social welfare team, trainees of medical & paramedical & other professionals to effective approach & total coverage.

Team Consist With

- Nursing educator.
- Nursing administrator.
- Field visitor.
- Media person.
- Auxiliary nurse midwifery's.
- Health workers male & female.
- School teachers.
- Technological persons.
- Leader of particular areas. {Sarpanch, member of gram panchayati, MLA & MP}
- Youth clubs of particular areas.
- IV class workers.

Advance Technology in Health Education

As a manner of fact technology are reckoned as the software and the equipment as the hardware of the technology. Industrial revolution & technical advancement, sophisticated instruments, mass media, education material. It brought to use of radio, television, computer etc. in the field of health education.

Advantages

1. It is helpful in make health education more productive and innovative,
2. it can make health more individualistic,
3. It provides scientific base and evidence based.
4. It makes health education more powerful & impactful.
5. It helps to make health education more immediate and concurrent.
6. It makes health education more effective & efficient.
7. But it should be transmitting information, serve as a role model, assisting the practice of specific skills.

Papering & Practise of Audio Visual Aids

- Audio visual aids are device which can be used

to make the learning experience more effective, concrete & dynamic.

- Audio visual aids prove effectiveness only when they suit the health education aims, objectives & unique characteristic if the special group of learner.
- They are used as a supplementing the health teaching method not a complete health education.
- Audio visual aids should be cost effective. It should be prepare by using locally available resources.
- The health education programmed should be organized & administer that the A.V. aids material must be function as an integral part of the health education.
- Visual instruction should not be distract the population with off mode entertainment.
- The A.V. aids material should be adequate check before administration. Health educator should be confident in handling the all aids.
- The aids should be displayed properly.
- And use of A.V. aids should be evaluated continuously.

Emphasis on Trainees for Planned & Incidental Health Teaching

- Prepare the nursing curriculum & syllabus which can prepare them for incidental & planned health teaching.
- It should be training based while working in clinical / field areas. During clinical experience of students health education incidental & planned should include as a part of assignment.
- This should be assessed by the nurse educator with effective evaluative tool.
- Especially in community health nursing experience mainly put focus on the family or individual health teaching as well as group health teaching.
- Provide special training for role play, dramas, skits, puppets shows, lecture & seminars techniques.

The Objectives should be

- To prepare the trainees for any incident to provide health education with effective manner with utilize of available resources.

- To ensure fully active participation of all the health team members & as well as community groups.

Instruction for Health Education Documentation

- There should be written format of health education for any health teaching while performing the bed side clinics or community setting.
- There should be prior checking by two expertises before actual presentation & demo presentation in front of expertise.
- The health educator trainees should fully confident & known to language of beneficiaries.
- The health teaching always should be two way process.

Organising Workshops, Conferences, Seminars for Advance Updates Staff or Health Education Activities

This is essential to organize the conferences, work shops, & seminars to all the staffs and health education activist to provide effective knowledge, enhance new advance technology of methods of health education. This improve their knowledge as well the evidence based practice. Discuss in the all the conference about all the research with their effective out comes & try to implements these evidences in practice to improve their status of health education.

Conclusion

Nursing profession is always contribute there essentials towards improving health status not only through health education but also by direct care, to manage different health camps as a vital team component. In health education, understanding the basic facts of rural population is mandatory for their successful outcome. Nurse always helps to understand their basic problems and need of rural population.

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