

Health Education(HE)

(summary of HANDOUT 2) Dr.Samar

*** Health education is a skeleton of primary health care and first way to prevent disease.

***Health education through human life includes -----> (mother learns her children some things before they enter school ----- and then the school increases their knowledge ----- youth care clinics ----- Clinics of counseling ----- prenatal care clinics (PNC)-----WBC (white blood cells)-----ANC (Absolute neutrophil count ,is a measure of the number of neutrophil granulocytes <<< Neutrophils are a type of white blood cell that fights against infection>>>)-----General clinics)

***The food is important and takes a share of a wide range of education and health education, there are several aspects, including: (1. Malnutrition for children cause, diseases and infections 2. Diets for pregnant and lactating women 3. Breastfeeding and weaning 4. Immune 5. Safe sanitation 6. Clean drinking water)

***Health education (Definition) : is the integration of health learning opportunities with each other, to make it easier , acclimated people with beneficial health behaviors

***Health Promotion(Definition) : is the integration of health education with economic and political and organizational aspects , to facilitate the adaptation of people with health behaviors , thus creating individuals who are able to provide assistance to the people and take the right decisions in health matters

Requirements of the Health Promotion

(Health Education - enough money - time - a desire to use health information from recipients , and the application of information in the health situation) .

***Note: Health education includes (traditional education : schools and higher education ----- Management and Marketing ----- research and planning ----- policies) means is not limited to only traditional education)

***Health promotion: includes a range of activities aimed to the development of the health system in the community, and must include the attributes of practical experience and understanding of professional to the values and ethics in society .

***Health education in Jordan is a pillar of the work of the Ministry of Health, which has been developed by experts depending on the (studies, reports and priorities of the disease in the community and its needs and training of its employees and the media)

***Note: All health sectors or branches in Jordan includes health education programs for this sector + integrated health education resources in PHC centers .

The Approaches that support health promotion> We have five approaches :

1. Medical approach : persuasion methods include disease prevention ((medical advice))
- 2.Behavioral approach : includes changing people's behavior and thus change their life styles to conform to health habits
- 3 . The individual-centered approach: Health is an individual responsibility , each person is responsible for his health and therefore must provide each individual with important health information for his life .

4. **Educational approach** : providing people with information to enable them to have taken decisions according to their approval values (9ara7a hee el no8ta mn been el no8a6 ele ma elha aee da3e ☺)

5. **Community approach** : changing the society as a whole , rather than individuals only , ***through*** the Agendas of political support for the health sector and shaping healthy environment.

.Note: traditional health education in Jordan teaches us to cope with the environment, not make it more healthy

A class of people say: that doctors and experts in the field of health are providing the right advice for people.	Others opposed to the thought that the doctors and experts are changing their views on many issues and sometimes prove wrong. Cultural and social differences multiplicity of our attitudes and opinions, and therefore as a result of differences in views ,(angry and rebellion) and thus influence the views of young people who listen to it (((hee el Kaman msh bmkanha bs mzkora))) ☺
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***Note: individual behavior - economic and social conflicts - poverty, unemployment-----→ all have an impact on the health situation in the community

***Note: The freedom of choice is limited, ----- So blame (people) on the health situation is illogical (Blame for the health issues)

Recommendations for patient education (Things to support the doctors to make their advice more effective to change the behavior of individuals)

1. Development therapeutic alliance((therapeutic alliance ::: refers to the relationship between a healthcare professional and a patient , and the means by which a therapist and patient hope to engage with each other, and effect beneficial change in the patient))) such as helping smokers, alcohol and drugs on their success in quitting these practices

A) Provide advice to patients: the effort to act the educational needs in the medical field, taking into account the differences between patients (such as gender, age, race and economic status, social and cultural, and personal .skills) in order to change the behaviors for the better.

B) The relationship between behavior and health: (risk factors and health status): Do not assume that the patient knows about the harm caused by smoking or damage caused by bad food, but always give him advices, and inducing the application of tips to change his behavior because **tips alone are not enough**

3 A) changing the behaviors : (remove barriers between doctor and patient, and the doctor trying to discover the obstacles that prevent the patient from behavior change, such as lack of skills and then help the patient to overcome these obstacles) and there are several ways to improve the advice and remove obstacles ::: (1. alert the patient to the viability of the problems 2. exacerbate problems in the event of failure to follow the advice 3. the benefits and advantages of coping with the advice and followed) (el tr3`eb wa el trheeb) and then the **Treaty** of the patient to follow these tips (This step is important, because the patient when comes to the clinic expect to submit his doctor treatment, if he is not convinced that his daily behaviors are incorrect which made him sick (el shaab Dawaween) there is no point in teaching and advised him).

B) inform the patient (selecting risk factors :) to change the behaviors : Do not confuse (t3go) the patient a lot of information, and we should know that many of the behaviors are interrelated, and lead to the similar symptoms, and therefore left leads to similar results, for example, Quarry smoking, increasing its activity and exercise, and thus to healthy eating habits (((((Results are interconnected)))))) and therefore if the patient is obese and smokers must leave him sets priorities, and if does not work, the patient was unable to determine (selecting risk factors), we use the drug as a preventive measure .

4. The use of teaching methods as well as (groups - written publications - audio-visual aids - community sources)

NOTE : Written publications: inclusive of all views - correct - detailed - not a substitute for face-to-face communication because many studies have shown that face-to-face communication better and more meaningful benefit.

Instructions of interview plan between the doctor and the patient in the clinic

1. Ask him about previous attempts at change habit in his life
2. Discussed the behaviors needed to accomplish the goal of change the certain habit
3. Give attention to the patient's religious beliefs or cultural which facilitates the task
4. Remember that better patients remember only 50 percent of the tips.
5. Record the patient's condition and tried to anticipate the results (((with give the patient full confidence)))

وما توفيقى إلا بالله

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