

Health Education

Overview of Education in Health Care

Second Semester 2023-2024

Learning Objectives:

On completion of this discussion, you will be able to:

- Define terms relevant to health education.**
- Determine the purpose of client education.**
- Discuss the main goal and sub-goals of health education.**

Learning Objectives:

On completion of this discussion, you will be able to:

- Clarify the scope of health education.**
- Integrate the major areas for health education in nursing practice.**

Definitions

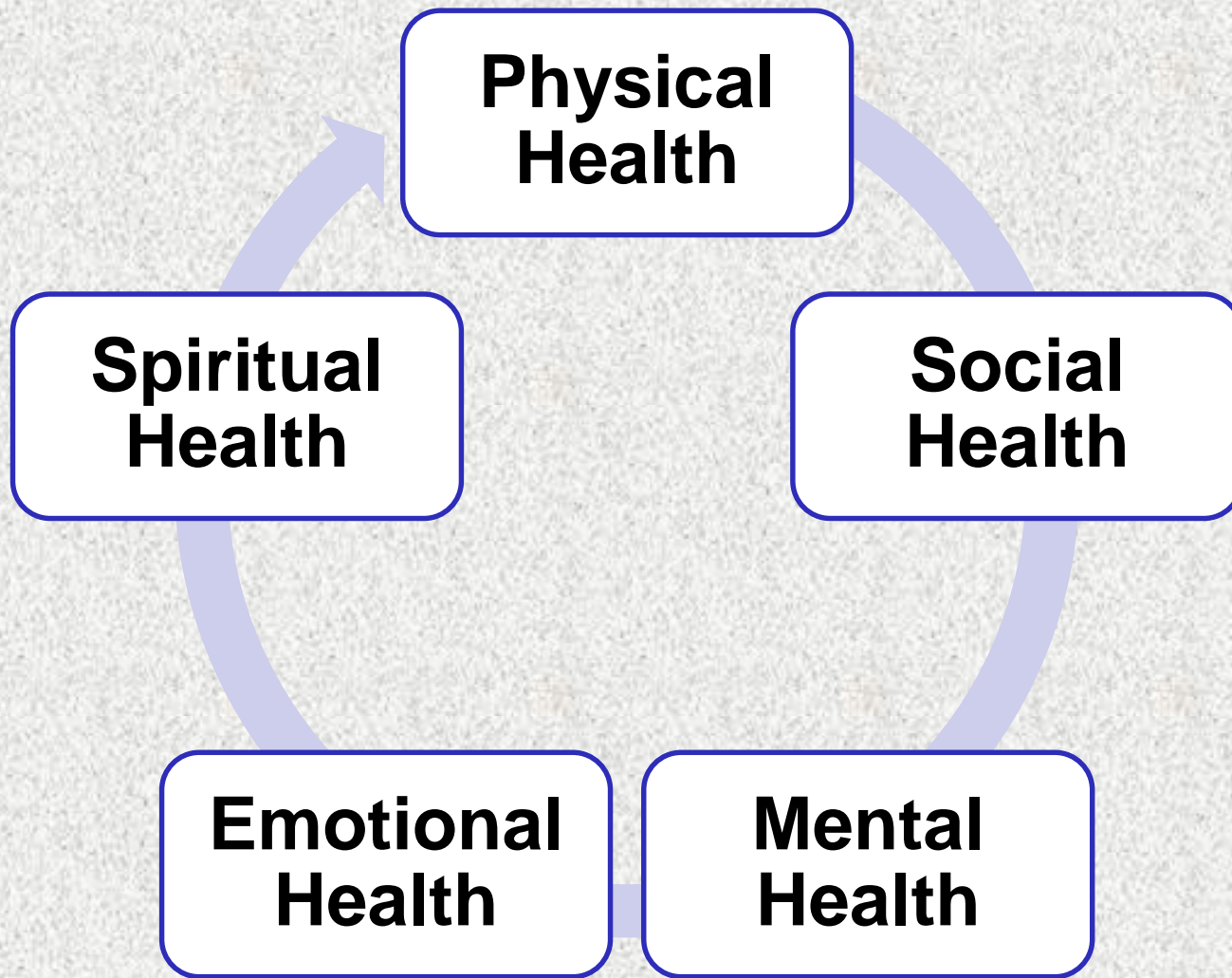
Health:

WHO (1986): “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity.”



<https://alldealy.com/health-and-life/>

Components of Health



Components of Health

Physical Health

The ability to perform daily tasks without undue fatigue.



Components of Health

Social Health

The ability to interact well with people and the around environment; having satisfying interpersonal relationship.



<https://healthmanagementdc.ch/social-health-the-4th-pillar-of-your-corporate-health-strategy/>

Components of Health

Mental Health

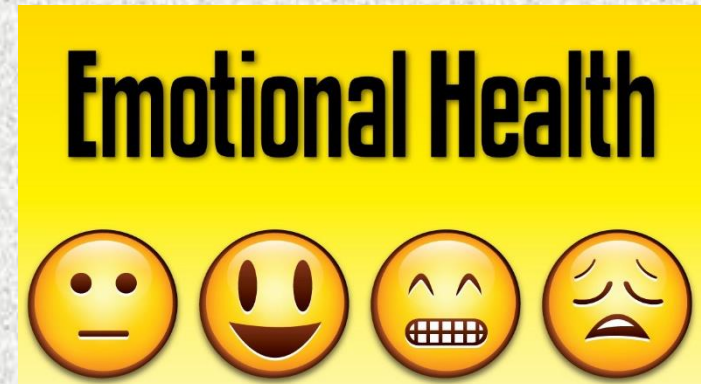
The ability to learn one's intellectual capabilities. " can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".



Components of Health

Emotional Health

The ability to control emotions, express them appropriately when appropriate.



<https://medium.com/@JinJJJa/emotional-health-temptation-and-sin-9810b60e5873>

EMOTIONAL HEALTH

- Ability to control and manage emotions
- Involves emotions and feelings
- Is limited to emotions

MENTAL HEALTH

- Ability to process thoughts and feelings
- Involves cognitive skills and functions
- Is a broader concept

<https://www.calmsage.com/ways-to-improve-your-emotional-health/>

Components of Health

Spiritual Health

A belief in some unifying forces; religion, God force, or other forces depending on cultural factors.



Concepts of Learning and Education

Learning

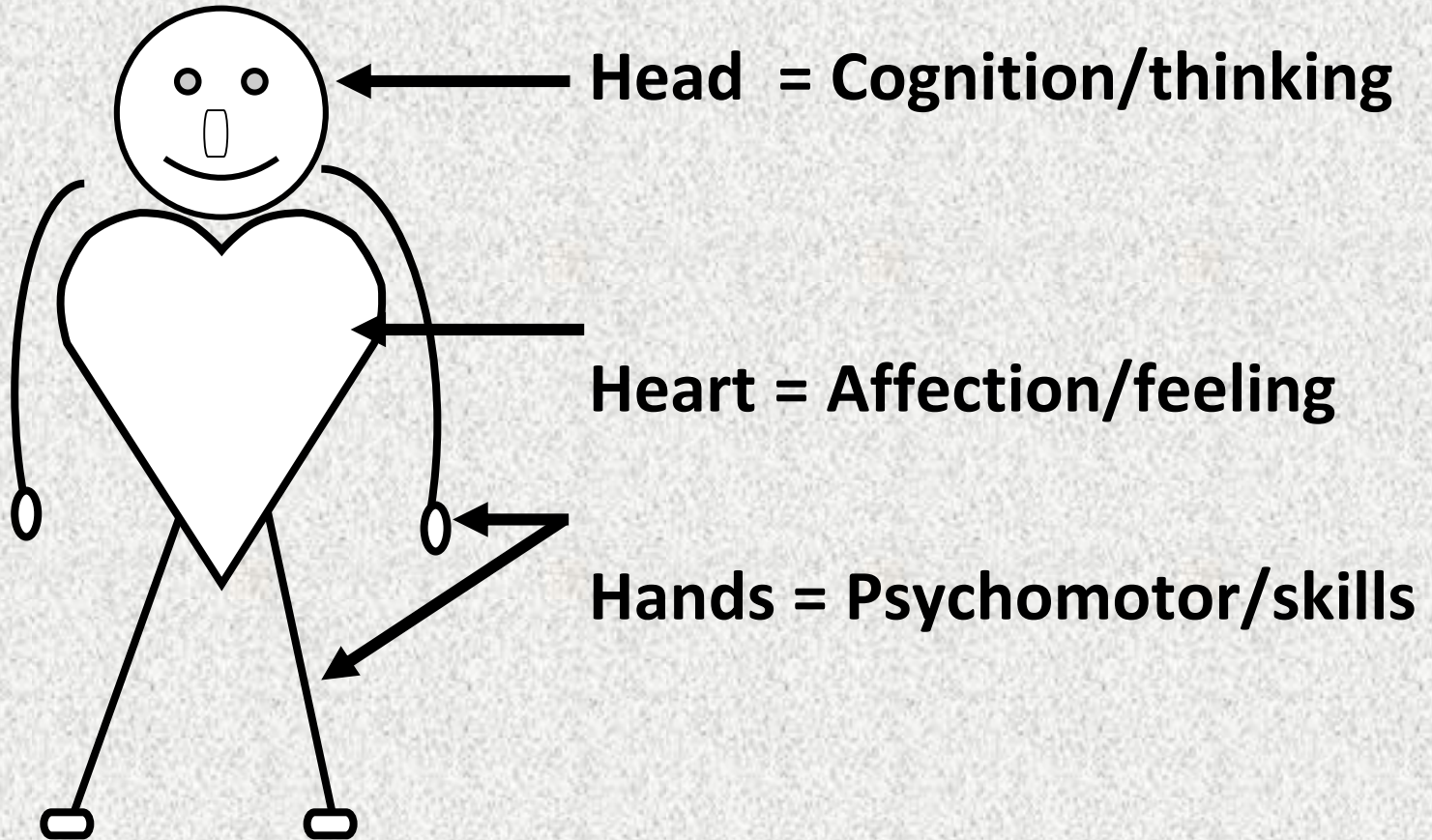
A permanent change in behavior by which individuals acquire new knowledge, skills, and/ or attitudes due to exposure to environmental stimuli.



<https://knowledgeone.ca/where-does-our-conception-of-learning-come-from/>

Behavior

3H's Resemble client's Behaviors

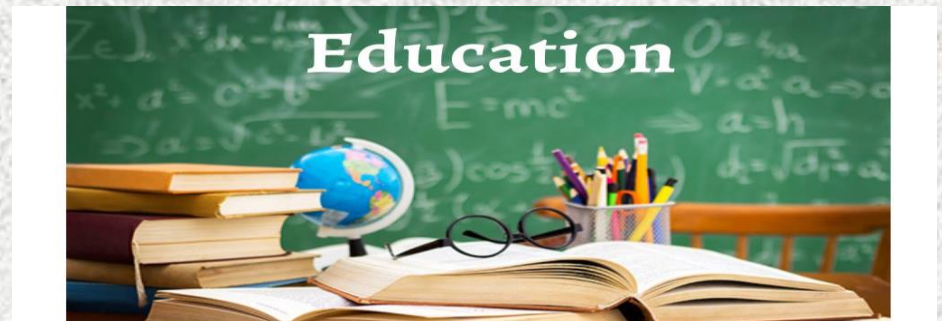


Education

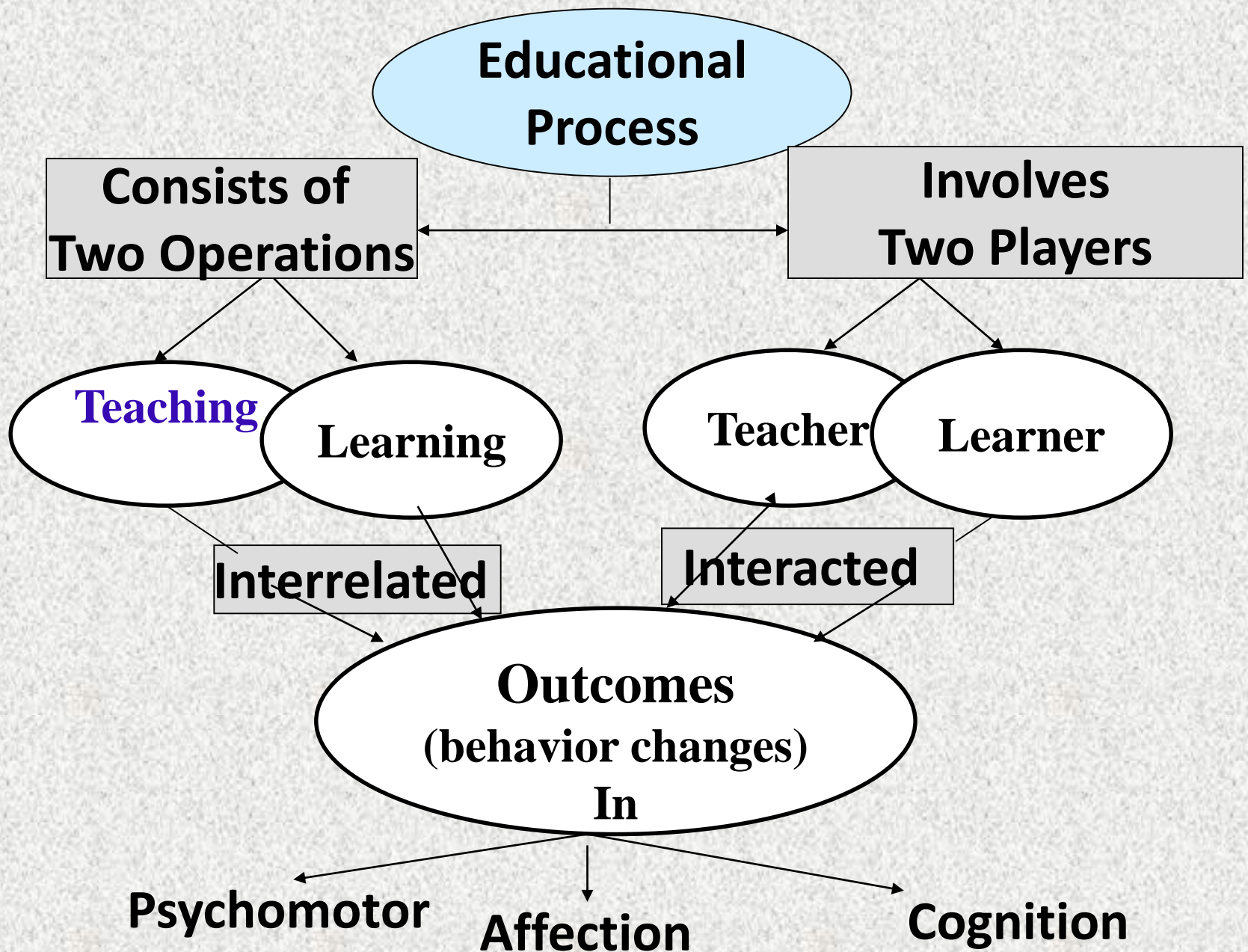
It's a process that includes the components of teaching and instruction.

This will produce observable or measurable behavioral changes in the learner.

(knowledge, attitudes, and/or skills).



<https://knowledgeone.ca/where-does-our-conception-of-learning-come-from/>



The Educational Process

- **The educational process, like the nursing process, consists of the basic elements of:**
 - Assessment.**
 - Planning.**
 - Implementation.**
 - Evaluation.**
- **These steps are accomplished by both the nurse and the client**

Health Education

A process of assisting people to learn health-related behaviors (knowledge, skills, and attitudes).

So that they can incorporate those behaviors into their life.



The Purpose of Health Education

The purpose of health education is to maintain, promote and improve individual, family and community health and to increase the competence and confidence of people for self- health care and management.

The benefits of Health Education

- 1. Achieve health by their own action and efforts**
- 2. Maximize independence in the performance of activities of daily living.**
- 3. Develop the sense of responsibility for their health.**
- 4. Improve quality of their life.**
- 5. Decrease their level of anxiety.**

Scopes of Health Education

- **Home**
- **Educational Institutions and Schools**
- **Community**
- **Industry**
- **Clinics**
- **Hospitals**

Major Areas for Health Education

- **Nutrition\to guide people to:**
 - 1. Meaning of balanced diet.**
 - 2. Cooking procedures.**
 - 3. Problems of over weight and under weight.**
 - 4. Nutritional requirement in pregnancy.**

Major Areas for Health Education

- **Sanitation**
 - 1. Environmental sanitation**
 - 2. Good housing**
 - 3. Sanitary habits**

Major Areas for Health Education

- **Maternal and Child Health Care**
 - 1. Family planning**
 - 2. Normal growth and development through life span.**
 - 3. Sex education**
 - 4. Accident prevention (Child)**

Major Areas for Health Education

- **Human Biology**

- 1. Teach about the structure and function of the body.**
- 2. How to keep physically fit.**
- 3. Use of exercise, rest and sleep.**

- **Self- care Management during illness and rehabilitation periods.**