

The Importance of Nursing in Health Education for Patients

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Abstract

The study aims to know the role of the nurse in health education for patients, what health information nurses provide to patients, and the importance of health education to prevent various diseases. The questionnaire was created electronically via the Google Drive program, and then distributed via mobile phone on the social networking program (the target population is residents of the cities of Mecca , Taif and Albaha) aged 25-55 years. The social networking network (WhatsApp) was used, and responses were received from 580 people out of 600. A questionnaire was distributed to participants via email. It concluded that importance of nursing in health education in delivering health information to patients, information that is useful to patients for their health.

Keywords: the importance, of nursing, in health education for patients.

1. Introduction

The number of patients has leaped dramatically during recent years. Hospitalization, which is the major health care cost in community, consumes a considerable part of the health care budget in general. (1) Good education skills and strategies are particularly important in the diagnosis, curing and management of ill. (2) Few studies have explored the contextual dimensions and subsequent interactions that contribute to a lack of adherence in the application of guidelines for patient education that is the cornerstone of care for all patients with acute or chronic diseases. Patients' education is a fundamental aspect of patient care and yet poor education is the most common resource of patient's complaints in the health- care sector. Other work indicates that

miscommunication in education often occurs because of cultural differences between the communicator and recipient. Problems of miscommunication and language may not only influence treatment but may also contribute to the reinforcement of stereotyped behavior. (3) There are increasing pressures within primary care requiring a rethink of roles, responsibilities and skill mix. The use of suitably trained nurses to extend their sphere of responsibility may be an appropriate way to manage the major goals of health promotion are to help people of all ages stay healthy, optimize health in cases of chronic disease or disability, and create healthy environments. These goals require strategies that not only improve the health of individuals within the context of their families and communities, but also address the environments in which they live, work, and play (4) Patient education is a procedure through which health professionals and others convey information to patients that will help them change their health behavior or improve their health condition. (5) These health professionals include: physicians, licensed dietitians, nurses, post-discharge health care providers, medical social workers, psychologists, and health promotion and disability prevention groups. As well as special interest groups and pharmaceutical companies. Health culture is a tool used to plan and manage care programs and can include both general preventive culture or health promotion and culture specific to diseases and good health conditions. (6). An important element in patient education is building skills and assuming responsibilities, as the patient needs to know where, how and why he needs to work on changing his daily lifestyle. Group efforts are equally important and every member of the patient's health care team should be involved. The importance of patient education can be summarized as follows: Better understanding of medical conditions – diagnosing illness and disability. Better understanding of ways and means of treating multiple aspects of medical conditions. Improving personal support in determining work either individually, away from qualified medical personnel or in collaboration with them. Increased flexibility in dealing, as influential communication and patient culture increase the patient's incentive to be flexible. Patient gains. Patients often respond well to their treatment plan with fewer complications. Satisfaction and Referral The patient often commits to your training and refers other patients for treatment. (7) Crisis Management. When patients have realistic expectations, they will be exposed to less risk of malpractice. (8) Informed consent in which patients feel that you have provided them with the information they need. Utilization, i.e. reducing unnecessary visits and phone calls and making more effective use of medical services.

2. Material and Methods

The study started in (the holy cities of Mecca , Taif and Albaha in Saudi Arabia), began writing the research and then recording the questionnaire in July 2024, and the study ended with data collection in September 2024. The researcher used the descriptive analytical approach that uses a quantitative or qualitative description of the social phenomenon (the importance of nursing in health education for patients) the independent variable (the percentage of patients whose health improved as a result of the instructions and guidance they received from the nurse in general) and the dependent variable (the percentage of chronic disease patients whose health improved from the information they received from the nurse). This kind of study is characterized by

analysis, reason, objectivity, and reality, as it is concerned with individuals and societies, as it studies the variables and their effects on the health of the individual, society, and consumer, the spread of diseases and their relationship to demographic variables such as age, gender, nationality, and marital status. Status, occupation (9), And use the Excel 2010 Office suite histogram to arrange the results using: Frequency tables Percentages (10). A questionnaire is a remarkable and helpful tool for collecting a huge amount of data, however, researchers were not able to personally interview participants on the online survey. they only answered the questionnaire electronically, because the questionnaire consisted of eight questions, seven were closed, and one was opened.

3. Results and discussion

The percentage of approval to participate in the research questionnaire (the role of nursing in health education for patients in health facilities) was 100%, while the percentage of their ages was as follows: 25-34 years 0%, from 35-44 years old 25%, and from 45-55 years old 75 %, as for their gender, their percentage was as follows: the percentage of males was 75%, the percentage of females was 25%, as for their nationalities, they were 100% Saudi, and as for their professions, they were as follows: student 0%, offender 0%, government employee 100%, Private sector employee 0%, self-employed 0%, retired 0%. When moving on to answer(s) the questionnaire questions, they were as follows: The first question is: Does the nurse have a clear work guide regarding health education in health facilities? Yes, 75% and no, 25%. The second question is: Is the guide approved by the Ministry of Health and the health facility to educate patients? Yes 100% and no 0%. The third question: Does the nurse (health educator) have knowledge of all the topics required for the disease? Yes, 75% and no, 25%. The fourth question was: Is there a written paper with all the information required to be conveyed and educated to patients by the nurse? Yes, 75% and no, 25%. Question five: Does health education need an employee specialized in this field? Yes 100% and no 0%. Question six: Is the nurse able to convey the correct information to patients in the required and correct manner? Yes 50% and no 50%. The seventh question: Is the nurse able to perform the health education task correctly? Yes, 75% and no, 25%. Question eight: Is the nurse considered an essential element in conveying health information to patients? Yes 100% and no 0%. (figure No.1)

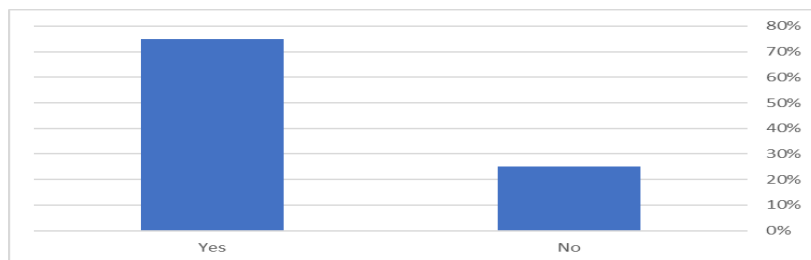


Figure No.1: Participants' opinions and contributions on the importance of nursing in educating patients

4. Conclusion

The importance of nursing in health education in delivering health information to patients, information that is useful to patients for their health, by taking direct advice and guidance from the person responsible for awareness or health education (whether a nurse, doctor, or health educator). From the responses of the male and female participants, most of them (75%) emphasize the importance of nursing in educating patients and directing them in the correct way to change bad behaviors into correct (healthy) behaviors. We recommend based on participants' trends and posts. We recommend, based on the trends of the participants, to encourage and increase the training of nurses in the field of health education by selecting those who are competent in this task.

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