

The Role of the Nurse in Raising Patients' Health Awareness to Prevent Chronic Diseases

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Abstracts

The goal of the current study is to know the role of the nurse in educating patients to prevent chronic diseases, to know the type of health information that the nurse provides to patients, the importance of health awareness to prevent chronic diseases. The questionnaire was created electronically via the Google Drive program, and then 750 questionnaires were distributed via mobile phone via the program. Social networking (the targets are residents of the cities of Mecca and Taif, aged between 25-55 years, men and women). 740 responses were obtained from people via Google Drive. It is concluded that , the role of the nurse is important in promoting health awareness for patients to prevent chronic diseases, as it is very important in delivering health information to patients that is useful to them, by taking direct advice and instructions from the treating physician, and based on his orders.

1. Introduction

The number of patients has raised dramatically during recent years. Hospitalization, which is the main health care cost in community, consumes a considerable part of the health care budget in general. (1) Good education skills and strategies are particularly significant in the diagnosis, curing and management of illness. (2) Few studies have explored the contextual dimensions and next interactions that pool to a shortage of adherence in the implementation of guidelines for patient education that is the cornerstone of care for all patients with acute or chronic illness. Patients' awareness is a fundamental side of patient care and yet poor education is the most familiar source of patient's suffers in the health- care sector. Other work indicates that miscommunication in education often occurs because of cultural various between the communicator and recipient. Problems of miscommunication and language may not only impact curing but may also participate to the reinforcement of stereotyped behavior. (3) There are leaping pressures within primary care requesting a rethink of roles, responsibilities and skill mix. The use of suitably trained nurses to expand their sphere of responsibility may be an appropriate

way to work the main targets of health awareness are to help people of all ages stay healthy, optimize health in cases of chronic sickness or disability, and create healthy environments. These goals demand 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 awareness 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 contain: 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 administrate care programs and can contain both general preventive culture or health promotion and culture specific to illness and good health conditions. (6). A significant 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 city of Mecca in Saudi Arabia), began writing the research and then recording the questionnaire in January 2024, and the study ended with data collection in May 2024. The researcher used the descriptive analytical approach that uses a quantitative or qualitative description of the social phenomenon (the role of the nurse in raising patients' health awareness to prevent chronic diseases). 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, only answered the questionnaire electronically, because the questionnaire consisted of fifteen questions, fourteen were closed, and one was opened.

3. Results and discussion:

The percentage of approval to participate in the research questionnaire (the role of the nurse in raising patients' health awareness to prevent chronic diseases) 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%. (table.No.2) (figure No.1)

Table.no.1: percentage of males and females

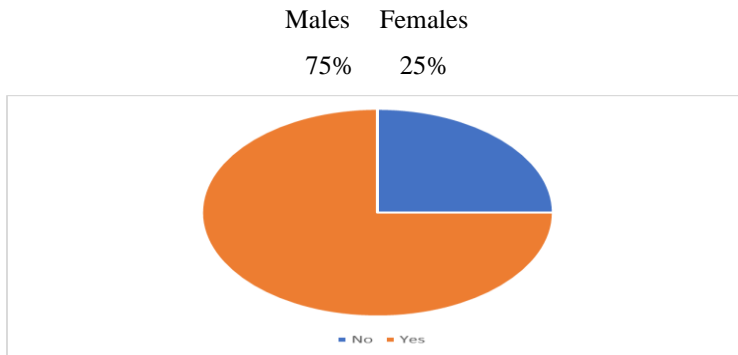


Figure No.1: Opinions of participants and participants on the role of nursing in enhancing health awareness for patients to prevent chronic diseases

4. Conclusion:

The nurse has a clear work guide regarding health education in health facilities? Yes 75%, the guide is approved by the Ministry of Health and the health facility to educate patients 100%, the nurse (health educator) has knowledge of all the topics required for the disease 75%, there is a written paper containing all the information required to be conveyed and educated to patients by

the nurse Yes 75%, health education is needed To an employee specialized in this field 100%,The nurse is able to deliver the correct information to patients in the required and correct way 50%, The nurse is able to perform the health education task in the correct manner Yes 75% The nurse is considered an essential element in delivering health information to patients 100%, from the participants' responses, we find that most of them (75%) emphasize the importance of the nurse's role in promoting health awareness for patients and guiding them in the correct way about the bad behaviors they practice in their lives, which they must change so that they and their families can enjoy health and well-being.

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