

The Role of Nursing in Health Education for Patients in Health Facilities

Rayan.M.Alsulami¹, Othman.S.Alharbi², Aisha.S.Shingary³, Hamdan.K.Alqurashi⁴, Saad.E.Alhazmi⁵, Abdullah.M.Alwuthaynany⁶, Thamer.A.Khayyat⁶, Faisal.M.Allehaybi⁶, Khaleel.S.Althagafi⁷, Abdulrahman.H.Saleem⁷, Malak.O.Alotaibi⁷, Majed.M.Alsalmi⁸, Abdalmjeed.S.Alswat⁹, Salha.M.Alshamari¹⁰, Mohammed.N.Almotairi⁹, Nadia.A.Rajh¹¹, Abeer.M.Filemban¹², Adel.O.Althagafi¹³, Ghazi.R.Aloutibi¹⁴

Nursing technician at Hira general hospital¹

Nursing technician at king Abdulaziz hospital in the holy capital²

Nursing technician at Mental health clinic at king Abdulaziz hospital in Mecca³

Nursing technician at Al-Adl Healthcare center⁴

Nursing technician in the supply chain management in the Mecca health cluster⁵

Nursing technician at Al-Malawi primary healthcare center⁶

Nursing specialist at complex of Eradh and mental health in Taif⁷

Nursing technician at complex of Eradh and mental health in Taif⁸

Nursing specialist at king Faisal Medical complex in Taif⁹

Nursing specialist at king Abdulaziz specialist hospital in Taif¹⁰

Nursing technician at Sulaymaniyah health center¹¹

Nursing technician at Medical supply in Taif health¹²

Nursing technician at Traing and graduate studies administration¹³

Nursing technician at Executive management of supply chains in Mecca health cluster¹⁴

Abstract

The goal of the current study is to know the role of the nurse in health education for patients in health facilities, to know the type of health information that the nurse provides to patients, and the importance of health education for the prevention of various diseases. The questionnaire was created electronically via the Google Drive program, and then distributed via mobile phone on the social media program (the targets are residents of the city of Mecca, aged 25-55 years. The social network WhatsApp was used, and the researcher received via e-mail, to receive the participants' responses to the questionnaire, where 600 questionnaires were distributed using WhatsApp, and 580 questionnaires were received via e-mail.

Keywords: *role of nursing, health education, patients, health facilities.*

Introduction

The number of patients has increased 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, treatment and management of diseases. (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 source 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.

Material and Methods:

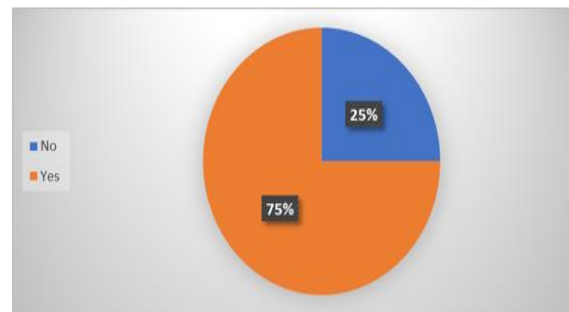
The study started in (the holy city of Mecca in Saudi Arabia), began writing the research and then recording the questionnaire in July 2023, and the study ended with data collection in November 2023. The researcher used the descriptive analytical approach that uses a quantitative or qualitative description of the social phenomenon (The role of nursing in health education for patients in health facilities). 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, due to social distancing regulations at the time to prevent infection between participants and researchers and vice versa (not coronavirus participation completely disappearing from society). He only answered the questionnaire

electronically, because the questionnaire consisted of fifteen questions, fourteen were closed, and one was opened. The online approach has also been used to generate valid samples in similar studies in Saudi Arabia and elsewhere (11)

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: Opinions and attitudes of participants in answering the questionnaire regarding the role of nursing in educating patients in health facilities



Conclusion:

The role of the nurse in health education is very important in conveying health information to patients, whether it is beneficial or harmful to them, by taking direct advice and guidance from the treating physician, and based on his orders. From the responses of the participants, we find that most of them (75%) emphasize the importance of the nurse's role in giving patients and directing them in the correct way about the harms of their bad behavior in their lives, which they must change in order for them and their families to enjoy health and well-being.

Acknowledgment:

To start with, I would like to Praise God and thank Dr. Anas S. Dabool, from Umm Al-Qura University (Public Health Department, Faculty of Health Sciences Al-leeth), Mecca, Saudi Arabia. And the researchers who make the project come to light.

Reference

- [1] Stewart S, Blue L, Walker A, Morrison C, McMurray JJ. An economic analysis of specialist heart failure nurse management in the UK; can we afford not to implement it? *Eur Heart J* 2002; 23(17): 1369-78
- [2] Helliwell PS, Ibrahim G. Ethnic differences in responses to disease modifying drugs. *Rheumatology (Oxford)* 2003; 42(10): 1197-201.
- [3] Robinson M, Gilmartin J. Barriers to communication between health

- practitioners and service users who are not fluent in English. *Nurse Educ Today* 2002; 22(6): 457-65.
- [4] Pender. Nola J., PhD, RN, FAAN, Murtaugh. Carolyn L., PhD, RN, FAAN, Parsons, Mary Ann, PhD, RN, FAAN: *Health Promotion in Nursing Practice: Seventh Edition*, ISBN 13: 978-0-13-310876-7, ISBN 10: 0-13-310876-7, Copyright © 2015, 2011, 2006 by Pearson Education, Inc.
- [5] https://odphp.osophs.dhhs.gov/pubs/GUID_ECPS/text/iv_edu.txt
- [6] Peter R. Koongstvedt, "The Managed Health Care Handbook," Fourth Edition, Aspen Publishers, Inc., 2001, page 788 ISBN 0-8342-1726-0
- [7] Krames Patient Education Archived October 14, 2000 on the Wayback Machine website.
- [8] Patient Education Institute, Research evidence Archived 03 March 2016 on the Wayback Machine website.
- [9] Alserahy, Hassan Awad, et al (2008), *The thinking and scientific research*, Scientific Publishing Center, King Abdul-Aziz University in Jeddah, the first edition
- [10] Al Zoghbi, Muhammad and AlTalvah, Abas (2000), *Statistical system understanding and analysis of statistical data*, first edition, Jordon- Amman
- [11] Kadasah, N.A.; Chirwa, G.C.; et al. Knowledge, Attitude, and Practice Toward COVID-19 Among the Public in the Kingdom of Saudi Arabia: A Cross-Sectional Study. *Front. Public Health* 2020, 8, 217.