

## The Role of Nurse in Raising Health Awareness for Patients to Prevent Diseases

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### Abstract

The goal of the current study is to know the role of the nurse in health awareness for patients to prevent chronic diseases, and to know the type of health information that the nurse provides to patients, and the importance of health awareness for the prevention of chronic diseases. The questionnaire was created electronically via the Google Drive program, and then distributed via mobile phone on the social networking program (the targets are residents of the city of Mecca who are between the ages of 25-55 years. The social networking network WhatsApp was used to distribute 500 questionnaires, and the researcher received it via mail Electronic responses to 450 questionnaires.

**Keywords:** *role of nurse, health awareness, patients, prevent, diseases.*

### 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.

### **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 2022, and the study ended with data collection in June 2022. The researcher used the descriptive analytical approach that uses a quantitative or qualitative description of the social phenomenon (The role of nurse in raising health awareness for patients 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, 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 eight 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)

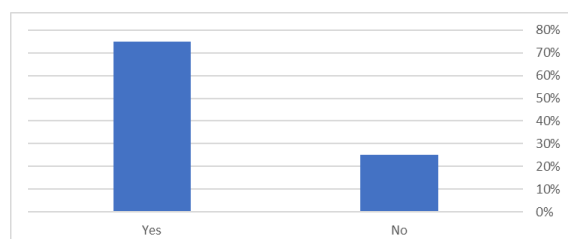


Figure No.1: Opinions and attitudes of participants in answering the questionnaire on

the role of nursing in promoting health awareness for patients to prevent diseases

### Conclusion:

The role of the nurse in promoting health awareness for patients to prevent diseases 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. 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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