KAP STUDY

NEED FOR HEALTH EDUCATION PROGRAMS: THE HEALTH CARE WORKERS INSIGHT

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ABSTRACT

Background: Sophisticated health education is now become a prime requirement to bring improvements in health profiles of patients and their families. Health care activities play a significant role to keep health education at forefront. The aim of the present study is to determine the health care workers’ perception for the need of instituting health promotion and also identify their beliefs about the improvement of community health by conducting health literacy sessions.

Method: A cross sectional study was conducted from April to October 2016 in various districts of Karachi. A total 286 medical care providers including physicians, pharmacists, nurses, dispensers/compounders, academicians and medical officers/quaqks belonging to different organizations/institutions were approached. A structured questionnaire was developed containing different close ended items, seems to be necessary to meet objective of the study.

Result: About 82.42% of them felt the need of health promotion services owing to their belief that such counseling would be beneficial in maintaining better health status of population. The lack of information was seen regarding drug-drug (24.12%) and food-drug interactions (25.87%). The most common issue, addressed by health care providers (68.53%) was the improvement in physical fitness via lifestyle modification. The health care providers utilized various ways for spreading of information; however the role of media was highly encouraged by them.

Conclusion: Institution of health education programs for residents is indeed necessary to reduce the risks of many communicable and non-communicable diseases. Therefore, such activities should be planned on regular basis in various areas of the city to provide maximum opportunities to individuals for participation. Health counseling also played a vital role and considered to be beneficial in the development of healthy community/society.

KEYWORDS: Health education programs, Role of health education, need of health education

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INTRODUCTION

Health education deals with the sets of versatile information for promotion, maintenance and restoration of health status of population¹. Group of professionals involved in setting of educational plans, interventions and health promotions are acknowledged as health educator. These health specialists have worked together to improve the disability, premature deaths and to ensure physical well-being of individuals, communities, states and the nation²,³. It is imperative to keep the health education front line along with other routine activities particularly in developing countries. It has been
reported that about 130 million people in Pakistan are among the poorest in the world with higher maternal mortality and also the malnourishment of the children under age of 5 years\(^4,5\). Multiple contributing factors towards the poor health profiles include improper water access and poor sanitation system leading to escalating burden of infectious diseases\(^6\). Moreover; ill-literacy adversely affects the occupation, sequentially to low income causing pitiable access to the medical care\(^7\). In this scenario, health literacy efforts is deemed to be necessary to make people educate against common pathological conditions, aggravating factors and management by life style modifications/ behavioral changes\(^8,9\). To obtain better health care outcomes, sets of new educational approaches and skills are required to work between care providers and patients\(^10,11\). The objectives of health education are achieved through strategic planning, systems re-design, community needs assessment, and health coaching. This planning has been proved to be helpful in disease management and primary prevention of many communicable and non-communicable infections\(^10-12\). It enhances the quality of life by minimizing disease, risk factors and hospital burden\(^13\). Various modes of health communication have been utilized including seminars/workshops, flyer distribution, digital media and more recently reminders of medication through short text message\(^14,16\). The aim of the present study is to assess the role of health promotion plans and activities in improvement of community health.

**METHOD**

A survey based analysis was made from April to October 2016 to evaluate the perception of medical care providers against the need of instituting health education programs. Descriptive cross-sectional study was conducted to identify the opinions of care providers about usefulness of the health literacy efforts in improvement of community health. The tool of investigation was questionnaire, comprised of various items (20 close ended questions) seemed to be necessary with respect to health education along with demographic information of the individuals. Total 300 participants executing health care activities in different organization/institutes(governmental & private sector) situated in various areas of city Karachi, Pakistan were approached. The group of respondents included physicians, pharmacists, nurses, dispensers/compounders, academicians and quacks/others. However; due to incomplete information 14 questionnaires were removed from the final data assessment (drop rate = 4.6%).

A verbal consent was taken from the participants before administration of questionnaire and confidentiality of their data was assured. Only those care providers were included who had at least two years of working experience in the related field at the time of study. The collected data was then analyzed and presented in percentages and graphs. Chi square analysis with 95% of confidence interval using SPSS software (version 19.0) was also applied to assess the objective outcomes.

**RESULTS**

Pharmacists (29.72%), physicians (20.9%) and nurses (17.48%) were included to be the key opinion persons among the rest of participants. Table I summarizes all the volunteers who have participated in the study. Table II describes the opinion of the care givers against various health promotion issues. Majority of the respondents (84.26%) endorsed the need of instituting medical education as patients get detailed information about any underlying disease so, could be able to manage himself in much better way\((p=0.001)\). Moreover; such health awareness programs are also found to be beneficial in prevention and management of various contagious and non-contagious infections\((p=0.001)\). Care givers also experienced improvement in health status of those communities where patients had received appropriate counseling\((p=0.001)\).

The role of media campaign was found to be highly beneficial (34.65%) not only to motivate residents to attend any health program buffer conveying health information as well, other effective modes are also shown in Figure 1. About 60.1% health workers experienced that pursuing of health education for females was more difficult than males probably due to their cultural bounding, dependence and other family engagements. Respondents (54.45%) also emphasized that both public and private sectors must worked together to make people aware at least against various common medical complaints to improve the health structure of community.

**DISCUSSION**

In the present work, all the health practitioners participated in the study actively. Majority of the health workers have identified the need of health education in communities. While few of them were thought that such programs seems to be least effective in improving physical fitness of the public. Proper and co-workers conducted a study in Dutch town of Enschede to investigate the effectiveness of health counseling on physical fitness. Findings confirmed the positive effects of health counseling on quality of life as the underlying complaint were found to be reduced\(^17\). Over the last few decades, pharmacy organizations and academic training programs around the world have promoted pharmaceutical care and standard of provision for patient care. It is also
believed that community setup can make a great contribution to the primary care and the public health, especially in developing countries\cite{18,19}.

Various other factors were also determined to assess the quality of care and medical standards being provided in local setting. The consistent visit or patients’ follow up was considered to be one of the core parameter for their patients’ wellbeing. Unfortunately being a poor economical country, we have been facing many health care crises. Particularly, medication counseling and dispensing practice is going unsatisfactory and majority of patients are handled by non-educated person- ne\cite{20,21}. However, physicians and other paramedical staff must develop strong professional relationship with the patients to contribute effectively and also to minimize fatal error.

In the current survey, the medical counseling regarding drug-drug and food-drug interactions were found to be addressed seldom by allied professionals. Although in clinical practice, health care professionals must ensure the awareness of drug interactions to reduce potential side effects, drug loss and treatment failures in patients. It was reported in a past study, that the care providers especially the physicians must refresh the information regarding potential drug interaction after every 3 months to provide effective patient treatment\cite{22}(Bennie et al., 2012). Furthermore, clinical pharmacists should also have to educate nurses and other para-medical staff to improve quality of life, patients’ satisfaction with services\cite{23} and therapeutic loss by multiple drug interactions\cite{24}.

Health organizations are performing different activities including educational plans, patients counseling, health literacy, family patterns/planning, and lifestyle modification to improve the various disease conditions. These programs also seem to be effective in reducing prevalence of diseases especially in those individuals being on poly-pharmacy based prescription\cite{25}. The role of physicians, pharmacists, nurses and other paramedical staff has been well established in providing health facilities through clinical assessment, documentation, health training, therapeutic reconciliation, staff management, and quality enhancement leadership\cite{26}. In United Kingdom, most of the general physicians are involved in various prevention and health promotion tasks and they experienced 79% of disease management through the patient’s counseling by dietary control, physical exercises, smoking cessa-

tion and stress level reduction. Another study also declares 35–55% improvement in patients’ profile by health counseling sessions\cite{27}. In the relevance of mentioned past studies, presently majority of health care providers were also believed in disease control through life style modifications particularly the diabetes mellitus, hypertension, obesity, depression, atherosclerosis, angina pectoris and many others. Furthermore, they were also noticed the reduction in the risks associated with common communicable and non-communicable infections many folds by conducting disease awareness and prevention sessions.

Different strategies have been planned by governmental and non-governmental organization for medical awareness and knowledge. The common ways of spreading information are through using flyers, news papers, organizing seminars/workshops and radio/televisions. In this study, media was found to be a most attractive channel among other mentioned modes to create consciousness and alertness against any medical issue (see figure 1). It is also well documented that media campaigns through television, broadcasting and journalist are extensively used to represent optimistic changes in health status across large inhabitants\cite{28}. Provision of services such as medical care as well as nursing and financial support is the principle responsibilities of non-governmental organizations (NGO’s) and their social participation affirm the strength of health system\cite{29}. Various analyses suggested modified dietary pattern and lifestyle changes may prevent risk of coronary heart diseases, stroke and diabete\cite{30}. Hence fundamental public health programs, development of health promotion policies, health assessment for prevention and protection are standard contributor in the context of wellbeing within society and if utilized efficiently will lead to positive health outcomes.

**CONCLUSION**

Health care professionals should realize the need of health promotion programs in society that played a significant role in improvement of the physical well-being of population. Health education and counseling shall be beneficial in management of many diseases through life style modifications. People have shown their interest in attending health activities but Government and non-Governmental organizations should made these programs accessible, cost free, and convenient for general public.
NEED FOR HEALTH EDUCATION PROGRAMS: THE HEALTH CARE WORKERS INSIGHT

Acute retention of urine which is said to be present and may result in endometriosis and subfertility. Atypical presentation with constipation, leg pain bulging while in case of septum usually bulging is vagina, in this case it is 1cm away from introitus. On site and histology on which basis they are differentiated.

Imperforate hymen and low transverse vaginal in which 2.5 liters of old blood was Drained. Genetic mutation, developmental arrest and exposure 1.


Table 1: Distribution of Health Care Providers

<table>
<thead>
<tr>
<th>Care providers Groups</th>
<th>Number of respondents (n=286)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician</td>
<td>85</td>
<td>29.72</td>
</tr>
<tr>
<td>Pharmacist</td>
<td>85</td>
<td>29.72</td>
</tr>
<tr>
<td>Nurses</td>
<td>50</td>
<td>17.48</td>
</tr>
<tr>
<td>Dispensers/Compounders</td>
<td>23</td>
<td>8.04</td>
</tr>
<tr>
<td>Academicians</td>
<td>32</td>
<td>11.18</td>
</tr>
<tr>
<td>Quacks and Others</td>
<td>11</td>
<td>3.85</td>
</tr>
</tbody>
</table>

Table 2: Institution and Benefits of Health Education Programs: Health Care Workers Insight (n=286)

<table>
<thead>
<tr>
<th>No.</th>
<th>Items/Stem</th>
<th>Health care providers (n=286)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes (%)</td>
</tr>
<tr>
<td>1</td>
<td>Need for the health education</td>
<td>241 (84.26%)</td>
</tr>
<tr>
<td>2</td>
<td>Willingness of patients to attend/listen health notes</td>
<td>220 (76.92%)</td>
</tr>
<tr>
<td>3</td>
<td>Response of healthy individuals towards health promoting programs</td>
<td>169 (59.09%)</td>
</tr>
<tr>
<td>4</td>
<td>Patients’ Knowledge about consequences of underlying disease</td>
<td>179 (62.58%)</td>
</tr>
<tr>
<td>5</td>
<td>Provision of information for use &amp; storage of medicine</td>
<td>136 (47.55%)</td>
</tr>
<tr>
<td>6</td>
<td>Provision of information for food-drug interaction</td>
<td>74 (25.87%)</td>
</tr>
<tr>
<td>7</td>
<td>Provision of information for drug-drug interaction</td>
<td>69 (24.12%)</td>
</tr>
<tr>
<td>8</td>
<td>Instructions for general hygiene/nutrition</td>
<td>103 (36.01%)</td>
</tr>
<tr>
<td>9</td>
<td>Provision of information for Pre-natal care during every pregnancy</td>
<td>96 (33.56%)</td>
</tr>
<tr>
<td>10</td>
<td>Provision of information for family Planning</td>
<td>159 (55.59%)</td>
</tr>
<tr>
<td>11</td>
<td>Family health status of medical care providers</td>
<td>196 (68.53%)</td>
</tr>
<tr>
<td>12</td>
<td>Patients’ benefit from health counseling</td>
<td>203 (71.0%)</td>
</tr>
<tr>
<td>13</td>
<td>Effectiveness of Health education on improvement of health status of community</td>
<td>227 (79.37%)</td>
</tr>
<tr>
<td>14</td>
<td>Management of disease via life style modification</td>
<td>196 (68.53%)</td>
</tr>
<tr>
<td>15</td>
<td>Management of communicable &amp; non-communicable diseases by health education</td>
<td>119 (41.60%)</td>
</tr>
<tr>
<td>16</td>
<td>Believe in patients’ follow up through progress notes</td>
<td>49* (81.66%)</td>
</tr>
<tr>
<td>17</td>
<td>Implementation of latest ways of health education methodology</td>
<td>126 (44.05%)</td>
</tr>
<tr>
<td>18</td>
<td>Role of governmental and non-governmental organization in health promotion</td>
<td>156 (54.54%)</td>
</tr>
</tbody>
</table>

Mean 157 (56.37%) 122.4 (45.53%)
S.E.M 53.5 (19.2%) 58.9 (19.34%)

n=60 (this question was only asked by physicians)
even then it was missed by attending physician and this case came in emergency department with and may result in endometriosis and subfertility.

Infamily. The result is the huge collection of blood missed especially if patient did not complain of Low transverse septum is the most infrequent cause with endometriosis and subfertility due to low transverse vaginal septum is associated bulging while in case of septum usually bulging is some distance from vaginal introitus, i.e. it lies within site and histology on which basis they are differenti time it is difficult to differentiate the two but it’s the septum are closely related to each other and some Imperforate hymen and low transverse vaginal.

Timing of presentation depends on location of the critical stage of embryogenesis.

Typically these patients come in OPD with primary amenorrhea with transverse vaginal septum and scant geneticiation she had BMI of 22kg/m

40% and least common site is lower vagina which is because of history of delayed menarche in mother. (primary amenorrhoea) but was not investigated constipation for one week. She was taken to local examination abdomen was non tender, cervix was felt on examining through the hole noted but a thick septum was felt in vagina about 1 compatible with age, no bulging of hymen was patient was examined under anaesthesia on same ing 21.2x11.5cm. MRI pelvis full study was done in

both ovaries appear normal as well as both kidneys. masses

Figure 1: Modes of Health Promotion n(%) REFERENCES


was referred to gynae OPD for evaluation of pelvic
and may result in endometriosis and subfertility.
Amenorrhea and cyclical abdominal pain.

Examination imperforate hymen is seen as pinkish

Transverse septum in lower vagina results in

The critical stage of embryogenesis.

Their differentials. MRI helps in making definite diag

Hematometrocolpos: A case report. Open Journal of

This case came in emergency department with

Atypical presentation with constipation, leg pain

Sometime patients have

Due to low transverse vaginal septum is associated

Hematocolpos: A case report. Int. J

Vaginal fistula: Case Reports in Obstetrics and

Logical and embryological considerations. Obstet

General physicians attending young girls

Therefore, general physicians attending young girls

9-11

Urine retention in an adolescent girl. Taiwan J


Reducing health knowledge is another important

Wakefield MA, Loken B, Hornik RC. Use of mass

Wakefield MA, Loken B, Hornik RC. Use of mass
