

Health Education and Communication Skills

Hrs.20

Course Description

This course is designed to help students acquire the concept of health education and understanding of the principles underlying health education in order to develop an ability to communicate effectively with the patients, community, health team members and others.

General Objectives

Upon completion of this course, the students will be able to:

- Describe the concept of health education, communication skills, audio-visual aids and health education agencies.
- Identify and utilize opportunities for health education planned and incidental.
- Communicate effectively with others.

Course Content

Unit-I Introduction

- concept, definition aims and objectives of health education.
- Process of change/modification of health behaviour.
- Opportunities for health education in hospital and community
- Scope of health education.
- Levels and approaches of health education.
- Principles of health education.
- Nurse's role as health educator.

Unit-II communication Skills

- Definition of communication.
- Purposes of communication.
- Process of communication.
- Barriers of communication and establishment successful communication.

Unit-III Methods and Media of Health Education

- Methods of Health education.
- Types of media (A.V. Aids).
- Advantages and limitations of each.
- Preparation and uses of simple aids.

Unit-IV Health Education agencies

- National
- State
- District
- Local.