



Use of Illustrations Improve Health Education Process- An Experienced based Perspective

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Perspective

Communication is a necessary tool for health education. Most of the time the audience is highly depended on what information the speakers provide in order to clarify the health believes and eradicate mis-information along with adding correct scientific rational based information. The use of jargon is commonly seen in health education process, which hinders the audience to understand the basic information. This was highly recommended by the community, in many health education sessions I witnessed that non healthcare providers have issues in retrieving the proper concept and information so that should be either minimized or replaced by the local words or terms.

On brain storming we shared an idea of using illustrations (diagrams, drawing, pictures etc.) so that we can provide the visual cue to community audience. This will help them:

1. To understand the concept easily
2. To recall the understand through visualizing pictures
3. To connect the jargon or a difficult term with the photo that what it is actually
4. To conveniently practice or promote the learnt behavior

Let's see how following examples proved us with the idea that illustrations improve health education.

Teaching children child sexual abuse: In the growing era of sexuality is no more a taboo and it is conveniently under discussion even in low socio economic and culturally bound areas of the world. In Pakistan the sensitivity is growing with the time since the abuse cases with children are emerging on the social media and national news. Our team of young nurses provided the safety treatments and community health education to young children to prevent child sexual abuse through pictorial flash cards designed by a national NGO in Pakistan. These cards have pictures depicting various scenarios of child abuse, prevention and after effects. It is easy to use for health education session and in a less time it is comprehensible for children to pick up the message.

Responding client's question that is restless and has unclear speech: During the Medical Intensive Care Unit practicum, a post incubated client was continuously calling the nurses present on floor. Because of high influx of patients, nurses were occupied with their own tasks. As a nursing intern I approached the patient make him calm, he was trying to ask be the speech was unclear and

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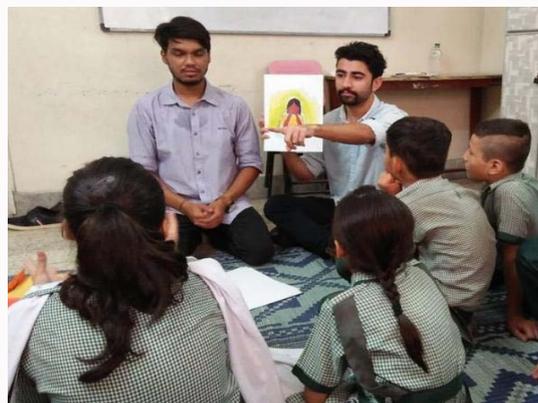


Figure 1:

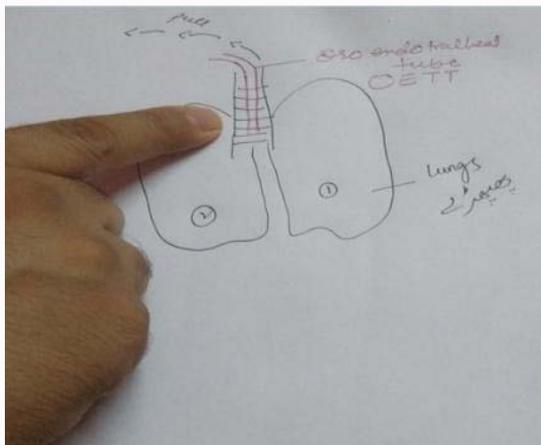


Figure 2:

due to extubation he couldn't properly deliver his query. When he started touching his throat and giving me cues to understand that he was asking "why his throat is paining". I responded him but seemed like he was unclear. I picked a piece of paper and guided him to see what I draw.

I started telling him along with drawing on the paper that a tube was inserted in his trachea for ventilation and now it has been

removed, this pain is an itch kind of feeling happening because of removal of the tube. Once he was clear seeing the drawing he smiled and made a sign of thumbs up that he understands me now. Later on when the client was improved from his previous status a complete process of ventilation and exchange was shared through a pictorial story board on laptop.

Family teaching on home care of child requiring support: A young 14 years old boy was in planning of discharge face after his recovery from the operation done because of the malignancy in around hips. This made him deprived of movement and required support in hygiene. As part of health education on the spot illustrative diagram was use to draw body parts and share how the medication (that is taken at home) will affect each part of the body. This diagrammatic presentation was done on a white board/chart, so that parents can comprehend the effects of the medicine and help children to manage through care. Also, the dietary patterns, technique of peri-anal care, technique of back massage and range of motion exercises were shared through printed pictures.

There are multiple examples that are clear evidences of that illustrations help the audience groups understand the health education easily.