

HEALTH EDUCATION AND COMMUNICATION SKILLS

Course Description

This course is designed to help students to

1. Acquire the concept of health education and develop an ability to select and/or prepare appropriate audio-visual aids and use them effectively to communicate with the individuals and community
2. Understand the principles of communication and counseling, and its application in nursing practice.

General Objectives

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

- 1 Describe the concept of health education, communication skills including soft skills, audio – visual aids and health education agencies.
- 2 Identify and utilize opportunities for health education.
- 3 Describe the application of information technology in preparation and use of various health teaching aids.
- 4 Develop effective communication and counseling skills.

Total Hours – 40

Unit.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
I	Describe the concept and different aspects of communication	Communication Skills a) Definition, process, purposes, principles, types and importance of communication b) Barriers in communication c) Establishment of successful communication. d) Observing and listening skills.	8	Lecture cum discussions. Demonstration Role play	Short answers Objective type Return demonstration
II	Describe the aims and objectives, scope, levels, approaches and principles of health education	Health Education a) Concept, definition, aims and objectives of health education b) Principles of health education c) Process of change/modification of health behavior d) Levels and approaches of health education e) Methods of health education f) Scope and opportunities for health education in hospital and community g) Nurse's role in health education.	6	Lecture cum discussions.	Short answers Objective type

Unit.	Learning Objectives	Content	Hr.	Method of Teaching	Assessment methods
III	Demonstrate the skills of counseling.	Counseling a) Definition, purpose, principles, scope and types b) Counseling process: steps and techniques c) Qualities of a good counselor d) Difference between health education and counseling e) Role of nurse in counseling	8	Lecture cum discussion Role play	Short answer Essay type.
IV	Describe the types of AV aids. Demonstrate skill in preparing and using different kinds of audio – visual aids	Methods and Media of Health Education a) Definition, purpose and types of audio-visual aids and media b) Selection, preparation and use of audio-visual aids : graphic aids, printed aids, three dimensional aids and projected aids c) Advantages and limitations of different media d) Preparation of health education plan	18	Lecture cum discussions Exhibits. Demonstration	Evaluation of prepared audio visual aids. Written test