

## The effect of health education and health promotion in ICU staff

**First Author Yalda Khani**

**Affiliation :** Educational Supervisor, Bo Ali Medical, Educational and Research Center, Zahedan University of Medical Sciences and Health Services

**Second Author Hossein Ali Payan**

**Affiliation :** Director of nursing services, treatment, training and research center of Zahedan University of Medical Sciences and Health Services

**Iraj Shahraki, Third Author**

**Affiliation :** MSc Graduated of Pediatric Nursing ,Faculty of Nursing and Midwifery,Zahedan Branch,Islamic Azad University ,Iran

### Abstract

Introduction and purpose; Health-promoting behaviors are one of the main criteria for determining human health and a way to achieve a better quality of life. The purpose of this research is to determine the status of performing health and hygiene promoting behaviors in ICU nurses.

research method; In this descriptive study that was carried out for ICU nurses. In parallel with the course classes that were launched at the end of the course, the effect of health education and health promotion on the learning of ICU nurses was investigated, as well as the disadvantages, advantages, and level of interest. , creation of motivation, and the ability and adequacy of training from the point of view of ICU nurses were surveyed

the results; The results of the study showed that periodic training was effective on the knowledge and attitude of ICU nurses in the field of health. It is suggested to conduct a similar study on nurses of other centers, including internal departments, to measure the effect of education in the field of health.

**Keywords:** Health education, health promotion, nurses.



## Introduction

The new health paradigm points out that being healthy depends on many factors such as social factors, level of awareness and even personality traits. The reason for emphasizing these factors is that people's health plays a very important role in the structure of health and health, in other words, health is a basic human need and the basis of society, and it is the successful functioning of people and societies. Accordingly, all the countries of the world, based on the Ottawa Charter (which was approved in 1986), were required to work towards improving the health of the people of their society, what is emphasized in this charter is that health is a common issue in all countries and cultures. and the health and treatment organizations in the countries should try to achieve it.

Today, all over the world, instead of focusing only on health strategies, they are trying to promote health by planning and educating the people of the society, research has shown that the cause of many of these problems is the lifestyle and type of health behaviors of the people. And performing health-promoting behaviors is one of the best ways that people can maintain their health with its help, and controlling the amount of health-promoting behaviors is one of the major criteria for determining health.

Nurses have a special position among the members of the health and treatment and health promotion team, and they are responsible for many roles such as clinical care, counseling and follow-up on the correct implementation of treatment, educating patients and teaching them disease prevention methods.

They are directly and indirectly responsible for the patient, and the realization of this can be achieved not only through science, correct ethical methods and communication with the patient, but also through the nurse's own health, and it requires that the nurse has sufficient ability and physical health be.

But the statistics show that these nurses have a lower level of health than other medical professions and are more exposed to health injuries than doctors.

Of course, maybe the reason for that is the physically harder work of nurses, as research has shown that 70% of the workload of the healthcare system is the responsibility of nurses, and the very sensitive conditions and situations that they face while performing their duties affect their physical health. and affects their mental health, but studies show that, for example, salt consumption and lack of physical activity or low mental health are more common in nurses.

On the other hand, the increase in the cost of health, along with the fact that care for the disease is not always effective, has increased the support for the concept of health promotion and its promotion among health care workers, especially nurses, and nurses cannot meet the needs of clients unless attention. Many are devoted to ways of improving their life and health.

## Research method

The present study is descriptive, the necessary information was used using Iran Medex, Scopus, Pubmed, Web of Science, Google Scholar, Magiran and SID databases.

## Findings

In other words, in order to improve the quality of nursing care and improve the health level of nurses, especially ICU nurses, it is necessary to pay attention and plan to prevent these problems.



ICU nurses had a BMI of 24. 80% of them were aware of their health condition at least once a year ( $30 \pm 48$ ) with an average of 1 time. But among the diseases reported by them, the highest 19% belonged to the group of skeletal-muscular disorders, back pain and leg pain.

## Conclusion and discussion

In general, it can be said that the findings of the survey indicate that the nurses under research are at an acceptable level in performing and receiving the total score of health behaviors. According to the results of the research, it is suggested to avoid giving shifts such as morning-evening and night-morning to nurses because it has a profound effect on their health in the long run.

Also, in order to improve the health level of nurses and create excellent health behaviors, it is suggested to organize training courses on lifestyle and health behaviors in order to improve the quality of care for patients, and considering the low level of physical activity in nurses, it is necessary. It is necessary to implement health education programs with emphasis on physical activity among them.

Therefore, there is a need for systematic and comprehensive planning in order to improve the amount of physical activities of nurses. In this study, it was found that 80% of the investigated nurses are examined once a year in terms of public health, which shows the accuracy of the authorities in maintaining the health of hospital personnel. The reason or reasons for not examining this study group should be done.



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