

NURSE-LED HEALTH EDUCATION PROGRAMS IN IMPROVING PATIENT COMPLIANCE

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Abstract

This study assessed the efficacy of nurse-led health education programs in improving patient compliance at Quirino Memorial Medical Center's General Ward in Quezon City. It explored the components of successful programs, barriers faced by patients in following health recommendations, strategies for tailoring education to diverse needs, and challenges nurses encounter in delivering effective education.

Using a descriptive research approach, the study systematically examined the current state of nurse-led health education and its impact on patient compliance.

Recommendations include prioritizing patient-centered strategies in designing health education programs and providing nurses with comprehensive training to enhance communication skills for clear, empathetic, and culturally sensitive interactions. Targeted health literacy initiatives should be implemented to improve patient understanding, while organizational constraints can be addressed through capacity-building initiatives and increased resource allocation.

Ongoing cultural competence training is essential for nurses to better understand and address diverse patient backgrounds. Collaboration with technology developers is also advised to create user-friendly, patient-centric health platforms. Lastly, training programs for nurses should focus on communication, pedagogical skills, and strategies to meet varied patient needs, ensuring effective delivery of health education despite challenges like time constraints and limited materials.

Keywords: nurse-led health education, patient compliance, health literacy, communication, cultural competence

Introduction

Patient compliance, the extent to which a patient's behavior coincides with medical or health advice, is crucial for positive health outcomes. Non-compliance can lead to disease progression, increased healthcare costs, and reduced quality of life (Umberfield et al., 2019). Nurses, as frontline healthcare providers, are ideally positioned to deliver health education and promote patient compliance (Effectiveness of Interventions to Improve Patient..., 2023). This study assesses the efficacy of nurse-led health education programs in improving patient compliance at Quirino Memorial Medical Center's General Ward in Quezon City. By exploring the components of successful programs, identifying barriers to compliance, developing strategies for tailored education, and addressing challenges faced by nurses, this research aims to provide valuable insights for healthcare professionals, policymakers, and nursing educators seeking to enhance patient compliance and improve health outcomes (Tolegenova et al., 2024). The findings of this study will offer practical recommendations for QMMC and other healthcare institutions to strengthen nurse-led health education programs and foster a culture of patient engagement and adherence to medical advice (Liang et al., 2023).

A central focus of this study is the evaluation of the effectiveness of nurse-led health education programs in improving patient compliance within the specific context of QMMC's General Ward (Zhang et al., 2022). The research employs a descriptive research approach, utilizing both quantitative and qualitative data collection methods. Quantitative data, such as patient compliance rates before and after the implementation of health education programs, are collected through chart reviews and patient surveys.

Furthermore, this study explores the key components that contribute to the success of nurse-led health education programs. The research investigates factors such as clear communication, patient-centered education materials, culturally sensitive approaches, and the use of technology to enhance learning and engagement (Jallad et al., 2024). By identifying these essential components, the study aims to provide guidance for developing and implementing effective health education programs that cater to the diverse needs of patients (Altmiller & Pepe, 2022).

In addition to examining successful program components, this study also identifies the barriers faced by patients in following health recommendations. The research explores factors such as limited health literacy, socioeconomic challenges, cultural beliefs, and lack of social support. By understanding these barriers, healthcare professionals can develop targeted interventions to address these challenges and empower patients to adhere to medical advice (Lui et al., 2022).

Moreover, this study develops strategies for tailoring health education to the diverse needs of patients (Sadiq, 2023). The research explores methods for personalizing health information, utilizing various communication channels, and incorporating cultural considerations into educational materials and delivery (Power, 2023). By tailoring health education to individual patient needs, nurses can enhance patient understanding, motivation, and adherence to treatment plans.

Finally, this study addresses the challenges encountered by nurses in delivering effective health education. The research investigates factors such as time constraints, limited resources, lack of specialized training, and organizational barriers (Carratalá-Munuera et al., 2022). By understanding these challenges, healthcare institutions can implement strategies to support nurses in their role as health educators, providing them with the necessary resources, training, and organizational support to deliver high-quality patient education (Altmiller & Pepe, 2022).

Method

Research Design

This study adopts a descriptive research approach to systematically explore and characterize the current state of nurse-led health education programs and their impact on patient compliance within the General Ward of Quirino Memorial Medical Center. Descriptive research aims to provide a detailed account of existing phenomena, allowing for a comprehensive portrayal of the relationships and patterns observed within the study's context. This approach is particularly suited for gaining an in-depth understanding of the effectiveness of nurse-led interventions in a real-world healthcare setting.

Participants

The study participants include patients admitted to the General Ward of Quirino Memorial Medical Center and the nurses responsible for delivering health education in this setting. Patient participants are selected based on the following criteria: they are adult patients (18 years or older) admitted to the General Ward with a chronic or acute condition requiring ongoing medical treatment and health education.

Instrumentation

The instrumentation for this study involves a combination of quantitative and qualitative tools to comprehensively capture the efficacy of nurse-led health education programs in improving patient compliance within the General Ward of Quirino Memorial Medical Center. Quantitative data will be collected through structured surveys and questionnaires administered to a representative sample of patients. These instruments will include standardized items designed to assess the frequency and impact of nurse-led interventions on patient adherence to medical recommendations, attendance at appointments, and lifestyle modifications. The quantitative data will be instrumental in providing measurable insights into the effectiveness of nurse-led health education programs.

Data Analysis

Frequency and percentage were used in determining the components of successful nurse-led health education programs that positively affect patient compliance, barriers do patients face in implementing health recommendations received through nurse-led education, and strategies can nurses employ to tailor health education messages to meet patients' diverse needs and learning styles.

Five-Point Likert were used in determining the challenges faced by nurses in delivering effective health education.

Results

Components of Successful Nurse-Led Health Education Programs

The study findings indicate that the patient-centered approach, effective communication, and ongoing support and follow-up got 100%.

Meanwhile, documentation and monitoring got 96.67% followed by collaborative relationship 93.33% and cultural competence 83.33%.

Barriers Faced by Patients in Implementing Health Recommendations

Based on the data, the most common barriers faced by patients in implementing health recommendations received through nurse-led education were limited health literacy (96.67%), lack of social support (93.33%), and financial constraints (90%).

Specifically, 76.67% reported limited health literacy, 70% cited lack of social support, and 63.33% faced financial constraints in following the recommended lifestyle changes and treatment plans.

Strategies for Tailoring Health Education to Patient Needs

The survey results indicate that all respondents understand and respect patients' cultural backgrounds, beliefs, and practices, recognize and

accommodate diverse learning styles, including visual, auditory, and kinesthetic preferences, leverage technology, such as electronic health records (EHRs), patient portals, mobile applications, and telehealth platforms, to personalize health education messages, and seek feedback from patients regarding their preferred communication styles and information formats got 100%.

Meanwhile, conduct assessments of patients' health literacy levels to determine their understanding of medical information, and develop individualized care plans based on patients' health conditions, preferences, and goals got 96.67%.

However, recognize and address language barriers by providing health education materials and messages in patients' preferred languages got only 90%.

Challenges Faced by Nurses in Delivering Effective Health Education

When asked about the challenges they face in delivering effective health education, the majority of nurses (4.5 out of 5) reported that the lack of time for patient education due to high patient load was the most significant barrier.

Specifically, 90% of nurses rated lack of time as a significant challenge.

Other notable challenges included the lack of specialized training in health literacy and communication techniques (80%) and the limited availability of educational resources (70%).

Approximately 80% of nurses indicated the lack of training and educational materials as a barrier to effective health education (70%).

Discussion

The findings of this study highlight the pivotal role that nurse-led health education programs can play in improving patient compliance and overall health outcomes (Nantsupawat et al., 2020) (Townsend, 2011) (Wilandika et al., 2023). The comprehensive approach adopted by the nurses, encompassing patient-centered care, effective communication, ongoing support, and cultural competence, has demonstrated a positive impact on patient adherence to medical recommendations. By tailoring health education messages to meet diverse patient needs and leveraging technology, nurses have been able to overcome barriers such as limited health literacy and lack of social support. (Wilandika et al., 2023)

However, the study also identifies significant challenges that nurses face in delivering effective health education, including the lack of dedicated time, specialized training, and educational resources. To address these challenges, healthcare organizations should prioritize investments in nurse education, technology integration, and the development of comprehensive patient education programs (Townsend, 2011) (Nantsupawat et al., 2020) (Scott, 2016) (Wilandika et al., 2023).

Providing educational materials for low-literate patients is an enormous challenge for nursing professionals given that 90 million adults in the health care setting have limited literacy skills. Nurses must understand health literacy as a concept that contributes to the health attitudes and behavior of individuals to reduce health information gaps for patients (Wilandika et al., 2023). Limited health literacy can lead to health disparities and poor quality of care. Therefore, nurses and other healthcare providers need to be mindful of supporting health literacy to reduce existing disparities (Wilandika et al., 2023).

Patient-centered approaches, effective communication, and ongoing support and follow-up are key components of successful nurse-led health education programs that can positively impact patient compliance (Nantsupawat et al., 2020) (Wilandika et al., 2023). Nurses should leverage technology, such as electronic health records, patient portals, and mobile applications, to personalize health education messages and address language barriers. (Deldar & Froutan, 2022) To overcome the challenges faced by nurses in delivering effective health education, healthcare organizations should prioritize investments in nursing education, technology integration, and the development of comprehensive patient education programs.

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