ORGANIZING AND MANAGING THE PROCESS OF HEALTH EDUCATION IN NURSERIES IN PLEVEN MUNICIPALITY ACCORDING TO NURSES

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INTRODUCTION

Health education is a process of purposeful systematic organized interaction between subject oriented towards controlling the norms of healthy way of life [1]. It is a specific medical-pedagogical activity; its aim is increasing the health culture of the nation [2]. Health education begins from the birth of the child to his whole life [3]. According to many authors health education and upbringing turns into an integral approach and an instrument of investment of health [4, 5, 6, 7].

There are some stages of the process of health education described in the literature:

► Informational- obtaining health knowledge, terms and expressions;

► Emotional value-includes: processing the information, forming of convictions on position of health, health needs and interests, health conscious;

► Practical-obtaining skills, habits of health behavior, overcoming unhealthy habits [8]. Children obtain this stage in early childhood because of the purposeful and constant activities of the medical nurses who work in nurseries. They establish hygiene habits and skills for individual service. Unhealthy habits such as: using dummy, putting objects in their mouth.

AIM

Aim of the survey is to conclude how the organizing and managing the process of health education is performed in nurseries in Pleven municipality.

BACKGROUND

Health-educating process implemented in early childhood performed as a setting, includes: organizing, managing, its stages; and participants and their role in performing is not examined fully. The role of medical nurse in managing this difficult process in not explored, too.

METHODS

It is used documentary method and survey as a method. For the processing of the results a statistic programme SPSS 19 for WINDOWS and EXCEL is used.

RESULTS

According to 29, 7 % (11) of the respondents in the process of health education performed among children in nurseries in Pleven municipality, medical nurses who work in group together with the headmaster of the nursery. The share of the participants is high 64,9 % (24) who state that they have enough time for the organizing the process.

CONCLUSION

Actually medical nurses who perform daily obligations connected with upbringing and educating children in nurseries, they organize and implement a complicated and continuous process such as health education. As participants in building the personality of a little child they put the basis of their health behavior, invest in the health of future generation.

IMPLICATIONS FOR NURSING MANAGEMENT.

This article shows that the management process in the process of health education the role of the nurse was determined at each stage and the organization and management of the process of health education in the nurseries in Pleven municipality was established by appropriately transforming the process.

Keywords: organizing, managing, process of health education, nursery, nurses.

- **Purpose** - it has preliminary purpose- forming health culture, healthy life style and role model. There are marked means, stages, forms, methods and results;

- **Individual character** - The forming of health education is very individual process, it is based on inherited factors, needs, motives and interests;

- **Multi-factors** - it is realized by different interactions-family, social environment, discrepancy between requirement and personal example [10]. Optimal development and good health education of the child in early childhood are in direct relation with household culture of people who take care of the child [11].

Methods and form of health education

Methods and forms of health education can be different:

a. Verbal - lectures, discussions, conversation and quizzes;

b. Visual - informational brochure, board, schemes, photos, television and movies;
c. Behavioral - trainings, role games, demonstration with practice;
d. Combined - using different methods and forms [7].

The choice of method should be compliant with needs and age of the audience [12].

Appropriate methods for health education for children in early childhood are didactic game and organized activities. This means medical nurses should be able to conduct organized activities and to know well the methods of different types of activities [13].

Same as any other process, this of the health education has different stages of management, so to be realized as practice. For the purposes of this scientific development, the management process has been adapted to the process of health education. On the basis of the norm structure, regulation professional competency of the profession ‘Medical nurse’ (article 2, par. 1 (2) and article 5 (1) of The law of organization of medical nurses, midwife and associated medical specialists; article 2 (1) of The Ordinance №1 from Feb. 8 2011 for professional activities which medical nurses, midwives, associated specialists and health assistants can perform by appointment or separately; article 3 (1), article 5 (2) and article 10 (2) from Ordinance №1 from February 8 2011 for professional activities which medical nurses, midwives, associated medical specialists and health assistants can perform by appointment or separately; article 118 (1) from The Law of Health; article 2 (1) Ordinance №26 from November 18 2008- the last two articles regulate the nurseries’ activities) the obligations of the medical nurses were defined who work in nurseries in the process of organizing and managing the health education in early childhood [14, 15, 16, 17].

MANAGING PROCESS => PROCESS OF HEALTH EDUCATION

1. **Stage - purposefulness**
   A medical nurse observes every child by defined criteria and she set the aim that should be reached:
   - Hygiene habits (personal and environmental) the level of their control according to their age
   - Behavior in sleeping hours
   - Bad habits
   - Behavior towards other children
   - Frequency of illness

2. **Stage - Planning**
   A nurse defines different types of action. She makes choice of appropriate interactions according to their individual needs and existing limitations.

3. **Stage - Making organized decision** - a nurse chooses one of the planned options for action. She defines the positive and negative sides of each alternative as well as the possibility of the success. (In most cases the better the results of the alternative is, the smaller its probability is).

4. **Stage- Organizing**
   The condition of the aim is established- individual work with each children and their parents. It uses various didactic methods and means.

5. **Stage- Control**
   A medical nurse performs checking on the aim by evaluation of the changes in regard with criteria it is based on.

   At the end of 2015 after survey it is proven that nurseries in Pleven municipality performs purposeful health education among children [18]. In 2016 November a survey was held in regard with organizing and managing the process of health education performed in nurseries in Pleven municipality. 37 medical nurses participated in the survey who work in nurseries in the municipality after they were shown the model of the process of health education.

   This article has two goals: 1) to define the role of medical nurse on every separate stage with the help of appropriate transforming of managing process; 2) the organizing and managing the process of health education implemented in nurseries in Pleven municipality to be established.

**METHODS**

It is used documentary method (observation of norm ordinance and existing literature) and survey as a method (direct group survey with questionnaire with 20 originally formed questions in regard with the process of health education in connection with professional competence of the medical nurses who work in nurseries). For the processing of the results a statistic programme SPSS 19 for WINDOWS and EXCEL is used.

**RESULTS**

After statistic processing of the data it can be said that according to 29, 7 % (11) of the respondents in the process of health education performed among children in early childhood in nurseries in Pleven municipality, medical nurses who work in group together with the headmaster of the nursery. The share of the respondents is smaller (24,3% n=37) among who all people take part and 13,5% (5) state that this is in headmaster’s portfolio, medical nurses and pedagogue. From the distribution of the results, illustrated on Figure №1 it is clear that in one or other sphere all people take part in this complicated process but main part is for the medical nurses.

The share of the participants is high 64,9 % (24) who state that they have enough time for the organizing the process and 16,2 % (2) time is not enough and the rest 18,9% (7) cannot decide Figure 2.
Figure 1. Participants in organizing and managing the process of health education performed in nurseries in Pleven municipality

- Medical nurses who work in group: 18.9%
- Medical nurses who work in group with headmaster of the nursery: 29.7%
- All stated people: 24.3%
- Health specialists external for the nursery: 2.7%
- Medical nurses with headmaster and pedagogue: 13.5%
- Medical nurses and pedagogue: 5.4%

Figure 2. Is time enough for organizing the process of health education?

- Have enough time: 65%
- Time is not enough: 19%
- Cannot decide: 16%

Figure 3. Assessment of parents' feedback on the health of their children

- Very good: 13.5%
- Good: 67.6%
- Bad: 16.2%

According to half (51.4% n=37) of the respondents have enough resource for implementing it. But among respondents there are (32.4%, n=37) resource is not enough.

For implementing the process of health education very high share 81.1% (30) of the surveyed people state that in every free time various events are maintained among children daily: education in personal hygiene habits, organized activities on health topic, hardening procedure, free games, didactic games etc. Regime moments are performed strictly.

Respondents are asked an evaluation of the feedback with parents in regard with health of the children. 36 respondents answered – 67.6% (25) give good, 13.5% (5) - very good and 16.2% (6) - poor (Figure №3).

Half of the nurses (56.8% n=3) who gave negative evaluation point out the lack of health education of the parents as a reason for dissatisfying feedback. Very high 81.1% (30) is the share of people who think that there are parents who have the knowledge how to educate healthily their children. On the question are there discussion on health topic, parents -67.6% (25) state in every comfortable moment. 59.5% (22) from the interviewed that the discussion are organized and held by medical nurses in the group. There is a conversation on health topic among the staff but periodically- 59.5% (22) medical nurses.

**Discussion**

- In organizing and managing the process of health education in early childhood on the territory of Pleven municipality the following staff participate: medical nurses, headmaster, pedagogue as well as medical specialists external for the nursery. Medical nurses who work in a group take the main role;
- Big part of the organizers have enough time for organizing this complicated process;
- The question about the resourced is debatable. For a part of the interviewed they are enough for other- not;
- Most of the medical nurses in every convenient moment work with children for implementing the process;
- A feedback in held with parents in regard with child health;
- According to interviewed medical nurses most of the parents can be a subject in the process of health education implemented in early childhood;
- Medical nurses from nurseries in Pleven municipality organize, manage and implement the process of health education among parents, too.
- Health education is performed among the staff in nurseries periodically;
- Medical nurses and parents are subjects and objects in the process of health education. In practice this shows that health education is a permanent process for a lifetime.
- We recommend - Organizing and implementing this process should not be performed only by medical nurses. There have to be pedagogue offering means and ideas for eliminating some of the limits; parents- as subjects and objects in the process; headmasters and local authorities should provide material obligation.
Actually medical nurses who perform daily obligations connected with upbringing and educating children in nurseries, they organize and implement a complicated and continuous process such as health education. As participants in building the personality of a little child they put the basis of their health behavior, invest in the health of future generation. This should not be only a professional obligation of medical nurses but should be a mission of the whole community.

A post-graduate distance learning course of title "Organizing and managing the process of early childhood health education" was developed. It is conducted online among nursery nurses working with nursery schools to improve their professional qualification in the process.

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