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Congress: The First International & 4th National Congress on health Education & Promotion, 2011

Title: Health Education and Media: Effects of Pamphlet on Knowledge of Health Centers’ Staff about High Blood Pressure


Abstract: Background and Objectives:
High blood pressure causes heart diseases. Today’s modern world is concerned with this problem. High blood pressure is common and it is easy to specify it. Preventing is the best way for solving this problem. The routine of prevention depends on the people’s reaction to this illness. This behavior is learnable and health employees can play this role as well as it is possible for promoting, keeping and re-saving health. Because many employees can’t be presented in classes that are planned for teaching, training by pamphlet is a best way to increase information. We study the effects of pamphlet on training.

Materials and Methods:
This study was a half tentative study. Samples contained 40 employees of Environment Health and Family Health from Tabriz Health centers. We studied Pre testes and gave them our pamphlets then studied post test. We used descriptive statistics for data analysis.

Findings:
There was a significant relationship between marks of knowledge about high blood pressure after and before pamphlets and marks have been much in post test. There was a meaning relationship between knowledge and age group and level of person studies. And there was no relationship between gender and knowledge during study.

Conclusion:
According to the findings of this study, patient’s acknowledgment about high blood pressure was increased after the study. This reality shows the importance of training by pamphlet and role of environment and family health employees on decreasing high blood pressure. We suggest that we can decrease the number of high blood pressure and finally heart diseases by pamphlets.

Training by pamphlet, High blood pressure, Media

Presentation: Poster