

The Importance of Tele Education of Family Health Ambassadors in COVID -19 Prevention

ABSTRACT

The number of cases of the COVID-19, as well as its mortalities and financial loss, are increasing; therefore, preventing the disease has a crucial role in controlling COVID-19. Preventive measures like improving the individual's awareness level and promoting the preventive measures for personal protection can be considered as valuable strategies to prevention and control the COVID-19. In the current situation, regarding the outbreak of COVID-19, in person educational sessions for the family health ambassadors cannot be held like before. On the other hand, because of the current situations, ambassadors are not inclined to attend the central health centers as well. Therefore, the authors recommend "Tele-education" to educate and promote the awareness and preventive skill levels for personal protection of the family health ambassadors. Tele-education in family health ambassadors in the prevalence of Covid-19 outbreak could be classified into two groups: 1. Self-care to the health ambassadors. 2. Self-care education to families through health ambassadors in terms of prevention and controlling Covid-19. Ultimately, as it has been conducted at home, Tele-education paves the way for family health ambassadors to learn and practice the principles of protection against COVID-19 at home with more convenience and concentration, leading to decrease the exposure and getting COVID-19.

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MoradAli Zareipour

*Health System Research Unit, Health Center of Urmia, Urmia University of Medical sciences, Urmia, Iran. (Corresponding author). z.morad@yahoo.com

Mojtaba Fattahi Ardakani

Diabetes Research Center, Shahid Sadoughi University of Medical Sciences, Yazd, Iran.

Ahmad Sotoudeh

Department of Public Health, Bushehr University of Medical Sciences, Bushehr, Iran

Mina Tasouji Azari

Department of English Language, Islamic Azad University, Tabriz, Iran

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introduction

The epidemic disease of Covid-19 arises from the new Coronavirus, spread from Wuhan, China to all over the world. This virus is a great threat to universal health. Covid-19 is an acute respiratory infectious disease with a high transmission rate to humans (1). Different countries have taken different measurements and restrictions to prevent or stop the more prevalence of the Covid-19 including social distancing, home quarantine, and tele-working, which brought about unprecedented changes in the lifestyles of people, as it dramatically overshadowed lots of social, educational, family and economic interactions of countries (2). Prevention is of urgent importance in order to control the infection. The preventive measurements like education, improving the awareness level, as well as preventive skills, are considered as substantial strategies to prevent and control the Covid-19 disease. Regarding the fact that family is the initial part of the society of which we join after birth, the relationship between family members and the roles they undertake, can influence the types of interactions as well as the health of the family. Therefore, educating and informing one member of the family would have an important role in preventing Covid-19 (3).

Family health ambassador is a member of the family educating and voluntarily takes the responsibility to transfer and teach the health contents, and they also active to protect the health of himself, the family, and the society.

For each family without a qualified member, a voluntary health ambassador was trained (3,4). The family health ambassador can act as a liaison between the health system and the families. They have to transfer the health data about Covid-19 preventive behaviors in the families to promote self-care skills. In the current condition, considering the prevalence of

Covid-19, providing the attendance classes for the family health ambassadors are not possible like before. On the other hand, regarding the condition, family health ambassadors have no tendency to attend the main health centers themselves. Therefore, in order to educate and promote the level of knowledge and preventive skills to protect the family health ambassadors, this study was conducted.

Tele Education

Generally, Tele-education is regarded as a novel method among other educational methods and it is the most important factor to develop technology. The experts in Tele-education believe that due to the familiarity of the technology with this language, this educational system doesn't restrict to any specialty, degree, age, and specific courses. Tele-education refers to any means of communication like videos, Internet, and telephone. In this technique, health providers in healthcare centers able to communicate with the authorities or the patients via camera, video-conferencing system, telephone, and virtual space; therefore, they can provide teaching and counseling services via Tele-education (5). Tele-education paves the way to facilitate the dynamics of education via the top educational tools.

There are plenty of advantages of using Tele-education in comparison with conventional education, including flexibility in any time and place, providing information in multimedia way, and simultaneous interaction between educator and learners or learners with each other, resulting in less time spent for education, persistence and durability of the knowledge learned, and the appeal of the learning environment in the education system (6).

This technology leads to the quick access of the client to better health counseling services,

reduce of expenses, access of the clients to the most appropriate specialized skill, and increase of the quality of life. Likewise, it allows people to have virtual participation, receive huge amount of the data, instead of in person attendance and spending time over the distances, so the expenses would reduce noticeably (7).

Tele Education of the family health ambassadors

Education is one of the most important dimensions of the provision of health services. The family health ambassadors are very interested in taking information about health. Covid-19 pandemic affects not only the health care providers dramatically, but also strongly affects the way of educating people and their accessibility to the health services. In other words, the Covid-19 pandemic restated the important position of Tele-education to prevent the contamination resulted from the direct contact. Without having access to the vaccination or any other influential therapeutic methods, the only justifying reasons to substitute the in-person education method would be the observance of social distance as well as quarantine. Therefore Tele-education would be the appealing, influential and affordable option in opposition to the Coronavirus in people.

Tele-education in family health ambassadors in the prevalence of Covid-19 outbreak could be classified into two groups:

1. Self-care to the health ambassadors.
2. Self-care education to families through health ambassadors in terms of prevention and controlling Covid-19.

Instances of Tele-education of the family health ambassadors in preventing and controlling the Covid-19 would be as follows: avoidance of kissing and shaking hands with others, observance of social distance (at least 1.5 meters from each other), wearing masks while going out, frequent washing the hands with water and soap for 20 seconds, using disinfectant containing alcohol

for hands when going out, avoidance of contact with public equipment and surfaces in crowded places and public means of transportations, avoidance of touching eyes and face especially out of home, avoidance of holding large parties and ceremonies as well as the mass gatherings, staying at home as much as possible, educating the avoidance of contact with people with the symptoms like influenza or Coronavirus.

Conclusion

The disease of Covid-19 has brought about extensive changes in the lifestyle of the people, the events which are anticipated to last for a long time afterwards. Changes in the education methods are one of those remarkable changes. It is recommended to avoid social attendance and going out as much as possible, in order to protect people from getting the Covid-19 disease. In this regard, Tele-education can be considered as one of the approaches to prevent and control Covid-19. The education is to be accompanied with calmness, concentration, care, and fatigue-free can trigger significant learning. Since Tele-education was done at home, it can be possible for the family health ambassadors to learn the principles of preventing themselves and their families from Covid-19 with more calmness and concentration. Due to the reasons of being appealing, efficient and affordable, this type of education can be effective for family health ambassadors as the liaisons between their families and health centers.

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