

GUIDELINES FOR THE USE OF PARTICIPATORY
HEALTH EDUCATION MATERIALS BY PUBLIC
HEALTH WORKERS

THE KUMASI HEALTH EDUCATION PROJECT



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INTRODUCTION

This is an illustrative guide to demonstrate the use of participatory health education materials which were designed for public health workers such as Environmental Health Officers and Community Health Nurses.

The materials have been developed and evaluated by the Kumasi Health Education Project.

The materials illustrated in this handbook are;

1. **THREE PILE SORTING CARDS:** A material intended for use in the community to increase awareness about specific subject areas. The material can also be used to assess awareness levels prior to embarking upon an educational programme.
2. **THE STORY WITH A GAP:** A method to be used in the community or schools to encourage participants to identify and analyse solutions to health problems.
3. **FLASH CARDS:** A material which can be used with almost any target group to present information and generate discussion about specific subject areas in a participatory manner.

The above participatory materials can be used with mixed groups of up to 15 persons. The flash cards may be used with individuals or larger groups. The materials may be used in combination to reinforce messages about a subject area. For example, flash cards, three pile sorting cards and the ORS game can all be used to increase knowledge about the prevention of diarrhoea.

THREE PILE SORTING CARDS

This method can be used to assess the existing awareness levels of the participants and to increase knowledge about specific subjects. The Kumasi Health Education Project has developed 3 pile sorting cards for malaria control, water supply, diarrhoeal diseases and family planning.

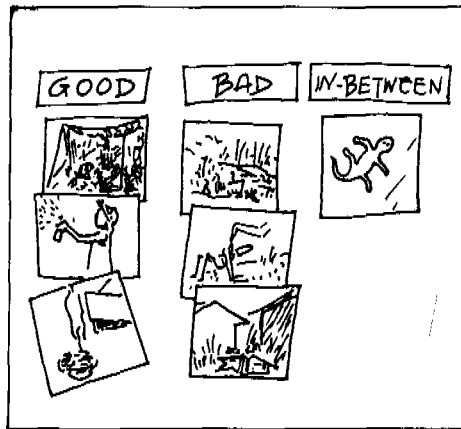
Each group is given a set of the 3 pile sorting cards for one of the subject areas.

The group is asked to examine the cards and to sort them into 3 categories: GOOD, BAD or INBETWEEN.

There are no right or wrong answers and the pictures are intended to generate discussion amongst the group about the subject area.

Each group is asked to present their conclusions to the other groups. The selection of the cards into the 3 categories are discussed and may be changed.

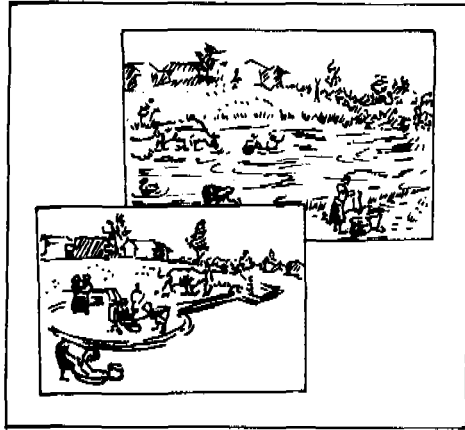
This exercise can generate a lot of discussion and can be supplemented by other materials if the knowledge level of the group is found to be low.



THE STORY WITH A GAP

This method is used to stimulate discussion about the causes and the solutions regarding health issues associated with poor water supply and can be adapted for other situations.

Each group is given two large posters. One shows a before situation where people are taking water from a river which is polluted. The group is asked to develop a story about the villagers who use the stream and the problems they may have because of the poor water supply.



The second poster shows an after situation. The village is now using a hand-pump. The water supply has been improved. The group are asked to develop a story which explains how this improvement occurred.



The story will fill the gap between the two posters.

The group members are asked to recount their story to the other groups and the content is discussed.



THE FLASH CARDS

This method can be used to present information in a participatory manner on a range of subjects areas and can also be used to supplement the content of other exercises included in this handbook. The Kumasi Health Education Project has developed flash cards regarding; Mosquito control, AIDS, diarrhoea, roundworms, waste management, food hygiene, personal hygiene and dental hygiene.

Flash cards may be used with individuals or in groups. The cards are shown one at a time to the audience. On the back of each card is a message and further information which should be used by the facilitator to encourage discussion.

In large groups the facilitator may have to move around so that all members can view the pictures.

The audience should be asked questions to encourage their participation. eg. What can you see in the picture?, what is happening in the picture?.

