

The health belief model

[Health & Medicine](#), [Nursing](#)



The Health Belief Model al Affiliation The health belief model is used in the prediction and explanation of human behavior. Using it, one can predict the patient's readiness to change. Therefore, it explores the clients readiness to change, the clients perception toward needing to change, and the clients perceived benefits to the health change. In the past, the model has been used in explaining the role of values and beliefs in predicting the outcomes and adherence to the health promotion education and behavior changes. According to Edelman & Mandle (2010), this model is a helpful guide for the nurse in choosing education strategies for the client.

Social Cognitive Theory

The social cognitive theory is another theory that tries to provide an alternative opportunity for client education. Its premise refers to an individuals perception that one is capable of performing behaviors that influence ones health status. According to Edelman & Mandle (2010), this theory provides for the modeling of, and/or provision of, opportunity to imitate desired positive health care behavior.

Instructional Methods

Individual learning styles of education are learner based. With all types of education, it is important to understand individual learning styles and how to tailor the educational content to enhance the learning experience.

Understanding the drawbacks of the patient as the recipient is key to effective learning. It is also essential to offer education in varied ways to clients ensuring that they understand what is being taught. Nurses, who are involved in patient education, develop extensive resources to use in addressing many health-related conditions and health promotion

interventions.

Behavioral Objectives

The objective of the nurse is to make sure that the patient adopts a healthy living. Behavioral objectives refer to the action that describes the new activity the client has learned to promote healthy living. Learning is not always guaranteed. By incorporating behavioral objectives that are unique and personalized into the nursing care plan, the nurse can assess whether learning has occurred. Adaptation and incorporation of this learned behavior into the clients normal activities show a movement toward positive health promotion. This is key in achieving the goals of the good health care.

References

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