

Advancing Patient Education: The Impact of Nurse- Led Health Promotion Program

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Abstract: Patient education is a crucial component of healthcare, empowering individuals to make informed decisions about their well-being. This study explores the impact of nurse-led health promotion programs in enhancing patient knowledge, self-care practices, and overall health outcomes. Using a mixed-methods approach, the research examines the effectiveness of these programs in various healthcare settings. Quantitative data is collected through patient surveys measuring knowledge retention and behavioral changes, while qualitative insights are gathered through interviews with nurses and patients. Findings highlight the role of nurses as primary educators, demonstrating that structured health promotion initiatives significantly improve patient engagement, adherence to treatment plans, and preventive health behaviors. The study also identifies challenges faced by nurses, such as time constraints and patient compliance issues, and offers recommendations for optimizing education strategies. Ultimately, this research underscores the importance of strengthening nurse-led patient education programs to enhance public health and improve healthcare delivery.

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I. INTRODUCTION

In today's evolving healthcare landscape, patient education plays a vital role in promoting health, preventing diseases, and improving treatment outcomes. Effective patient education enhances individuals' ability to make informed decisions about their health, leading to better self-care practices and adherence to medical recommendations. Among healthcare professionals, nurses serve as frontline educators, bridging the gap between medical knowledge and patient understanding.

Nurse-led health promotion programs are designed to empower patients by providing essential health information, lifestyle modification strategies, and preventive care guidance. These programs, implemented in various healthcare settings, have been shown to improve patient engagement, disease management, and overall well-being. However, challenges such as time constraints, high patient loads, and varying levels of patient literacy can impact the effectiveness of these initiatives.

This study aims to examine the impact of nurse-led health promotion programs on patient education and health outcomes. By analyzing both quantitative and qualitative data, the research seeks to determine how these programs influence patient knowledge retention, self-care behaviors,

and adherence to treatment plans. Additionally, the study will explore the challenges nurses face in delivering health education and provide recommendations for improving program implementation.

By highlighting the significance of nurse-led health promotion, this research contributes to the growing body of knowledge on patient education and underscores the need for enhanced support and training for nurses to optimize healthcare delivery.

Patient education stands as a cornerstone of effective healthcare delivery, empowering individuals to actively participate in managing their health and well-being. In today's complex healthcare landscape, marked by rising chronic disease prevalence, increasing healthcare costs, and a growing emphasis on preventive care, the role of patient education has become more critical than ever. Well-informed patients are better equipped to make informed decisions about their health, adhere to treatment plans, adopt healthy lifestyles, and ultimately achieve improved health outcomes. Nurses, with their unique combination of clinical expertise, communication skills, and patient-centered approach, are ideally positioned to lead the charge in advancing patient education and health promotion. They serve as vital links between patients and the healthcare system, translating

complex medical information into understandable and actionable guidance.

Traditional models of patient education often rely on passive information dissemination, such as providing brochures or delivering brief instructions during consultations. While these methods have their place, they often fall short in fostering active patient engagement and promoting sustainable behavior change. Patients require more than just information; they need the knowledge, skills, and confidence to navigate their health challenges effectively. This necessitates a shift towards more interactive, personalized, and comprehensive approaches to patient education, moving beyond simply informing to actively empowering. Nurse-led health promotion programs offer a promising avenue for achieving this goal. These programs, designed and implemented by nurses, can provide a structured framework for delivering patient-centered education, promoting healthy behaviors, and supporting patients in achieving their health goals.

Nurse-led health promotion programs can encompass a wide range of activities, including individual counseling, group education sessions, skills training workshops, and community outreach initiatives. They can address diverse health topics, such as disease management, preventive care, healthy lifestyle choices, and self-care strategies. A key strength of these programs lies in their ability to tailor educational content and delivery methods to the specific needs and preferences of individual patients. Nurses can assess patients' health literacy levels, learning styles, cultural backgrounds, and personal circumstances to create personalized education plans that resonate with them and maximize their learning potential. Furthermore, nurse-led programs often incorporate strategies to enhance patient motivation, build self-efficacy, and promote long-term behavior change. This may involve techniques such as motivational interviewing, goal setting, and social support building.

The impact of nurse-led health promotion programs extends beyond individual patient benefits. By empowering patients to take control of their health, these programs can contribute to improved community health outcomes, reduced healthcare costs, and a more sustainable healthcare system. When patients are knowledgeable and engaged, they are less likely to require costly hospitalizations and emergency care. They are also more likely to adopt healthy behaviors that prevent chronic diseases and promote overall well-being. Moreover, nurse-led programs can play a vital role in addressing health disparities and improving access to quality health education for underserved populations. Nurses can leverage their community connections and cultural sensitivity to reach individuals who may face barriers to accessing traditional healthcare services.

Despite the potential benefits of nurse-led health promotion programs, their widespread implementation and evaluation remain a challenge. There is a need for more rigorous research to assess the effectiveness of these programs in improving patient outcomes and to identify best practices for their design and delivery. This research aims to address this gap by evaluating the impact of a nurse-led health promotion program on patients with type 2 diabetes, focusing on medication adherence and self-management skills. Specifically, this study will investigate the effects of the program on patient knowledge, behavior change, health outcomes, and satisfaction. By providing evidence-based insights into the effectiveness of nurse-led health promotion programs, this research seeks to inform healthcare providers, educators, policymakers, and researchers on how to best advance patient education and empower individuals to live healthier lives. Ultimately, this study contributes to the growing body of knowledge on the crucial role of nurses in patient education and health promotion, paving the way for more effective and sustainable approaches to improving patient care and community health.

II. METHODOLOGY

This study employed a mixed-methods research design to assess the impact of a nurse-led health promotion program on patient education outcomes. The target population included adult patients aged 18 and above from Philippine Heart Center, with inclusion criteria for those enrolled in the program. A sample size of approximately 50 participants was determined through power analysis, utilizing purposive sampling and random sampling techniques to ensure demographic diversity.

Data collection involved administering pre- and post-intervention surveys to gather quantitative data on knowledge, attitudes, and self-efficacy, using validated instruments such as the Patient Activation Measure (PAM). Qualitative data was collected through focus group discussions and one-on-one interviews, guided by a semi-structured interview format to explore participant experiences.

The nurse-led health promotion program consisted of educational sessions, personalized health assessments, and individualized care plans over a duration of 6 months. Quantitative data analysis was conducted using statistical software, while qualitative data underwent thematic analysis to identify key patterns.

Ethical approval was obtained from the Institutional Review Board (IRB), and informed consent was secured from all participants. Potential limitations included selection bias and response bias in self-reported data. A detailed timeline was established to ensure the timely completion of the research. The study aimed to provide insights into the effectiveness of nurse-led programs in enhancing patient education and improving health outcomes.

III. RESULTS

The study involved 50 participants, predominantly adults aged 18 and above, receiving care at Philippine Heart Center. Demographic analysis indicated a diverse sample in terms of age, gender, and ethnicity.

Quantitative findings demonstrated significant improvements in key metrics associated with patient education. The Patient Activation Measure (PAM) scores increased from a pre-intervention mean of 10 to a post-intervention mean of 0.07 indicating heightened patient engagement ($p < 0.05$). Similarly, Health Literacy Scale scores showed a notable rise, reflecting enhanced understanding of health management.

Qualitative data from focus groups and interviews revealed four primary themes. Participants reported a better understanding of their health conditions. Increased confidence in managing their health was a common sentiment. The tailored approach of the program was highly valued. Participants felt a strong sense of trust and open communication with nursing staff.

IV. DISCUSSION

The findings highlight the effectiveness of nurse-led health promotion programs in improving patient education and empowerment. The significant increases in PAM and Health Literacy scores underscore the program's success in equipping patients with essential knowledge and skills for health management.

Qualitatively, the themes identified suggest that personalized care and a supportive environment are critical components of successful health promotion initiatives. Participants' experiences indicate that the individualized attention from nursing staff fostered trust and encouraged active participation in their health care.

While the study provides valuable insights, limitations such as potential response bias and the specific population studied warrant caution in generalizing findings. Future research should explore the implementation of similar programs across diverse settings to further validate these results.

In conclusion, the study supports the notion that nurse-led health promotion programs play a vital role in advancing patient education and fostering a proactive approach to health management, ultimately leading to improved health outcomes.

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