

**The impact of Health Education
on HAND and COUGH HYGIENE,
before, during and after the Covid 19 epidemic,
in the work of School Nurses
in kindergardens and schools
in Slovenia**

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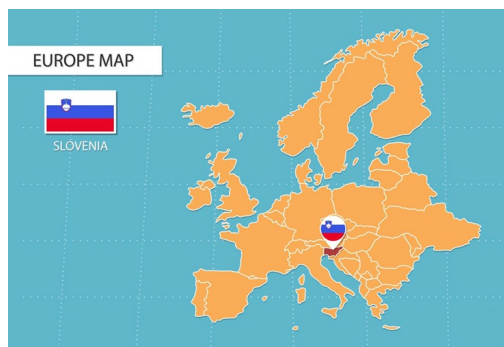
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SLOVENIA – born in 1991



Slovenia is the only country that hides
the word love in its name.

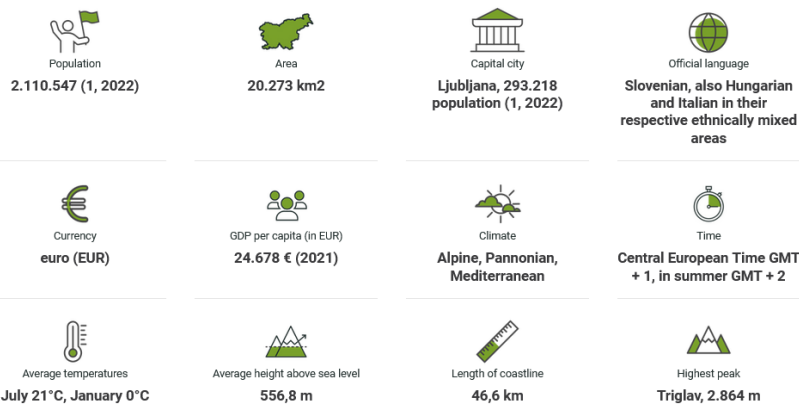


<https://www.youtube.com/watch?v=QuTfeHM0Uk4>

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Slovenia in numbers



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Community Health Centers in Slovenia:



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What is a health promotion center - HPC?

- an independent organisational unit within the Health Community Centre
- Primary level
- population: from 0 until the end of life

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Professional staff

- **head:** a registered nurse with specialised skills
- **expert staff :**
 - a) registered nurses (RN)
 - b) physiotherapists
 - c) psychologists
 - d) dieticians
 - e) kinesiologists
 - f) a pediatrician, a family doctor and a pharmacist

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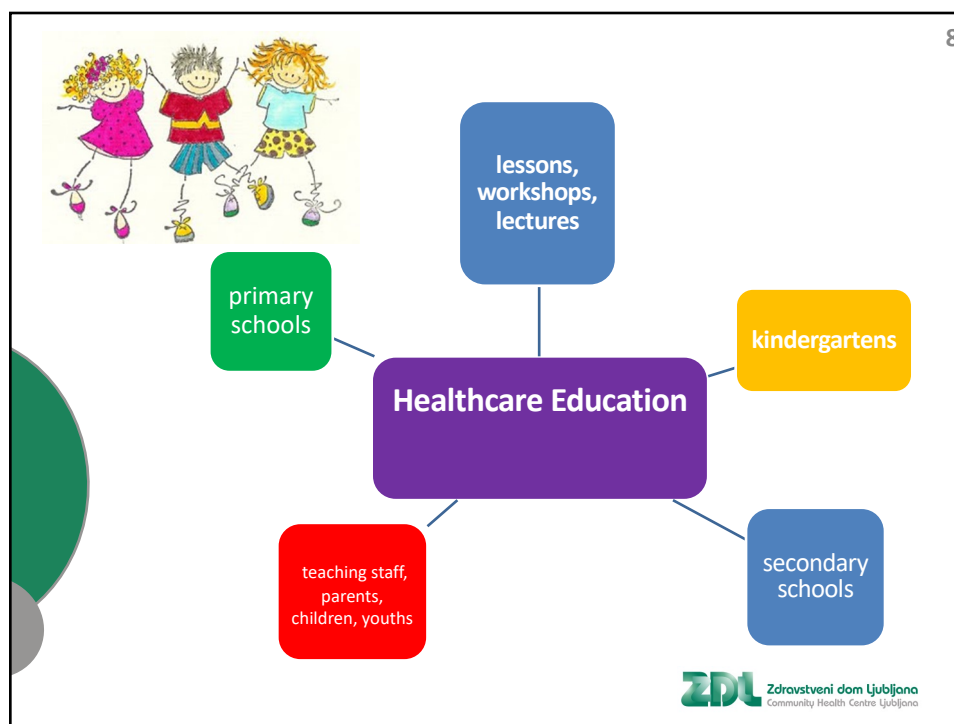
WORK in HPC



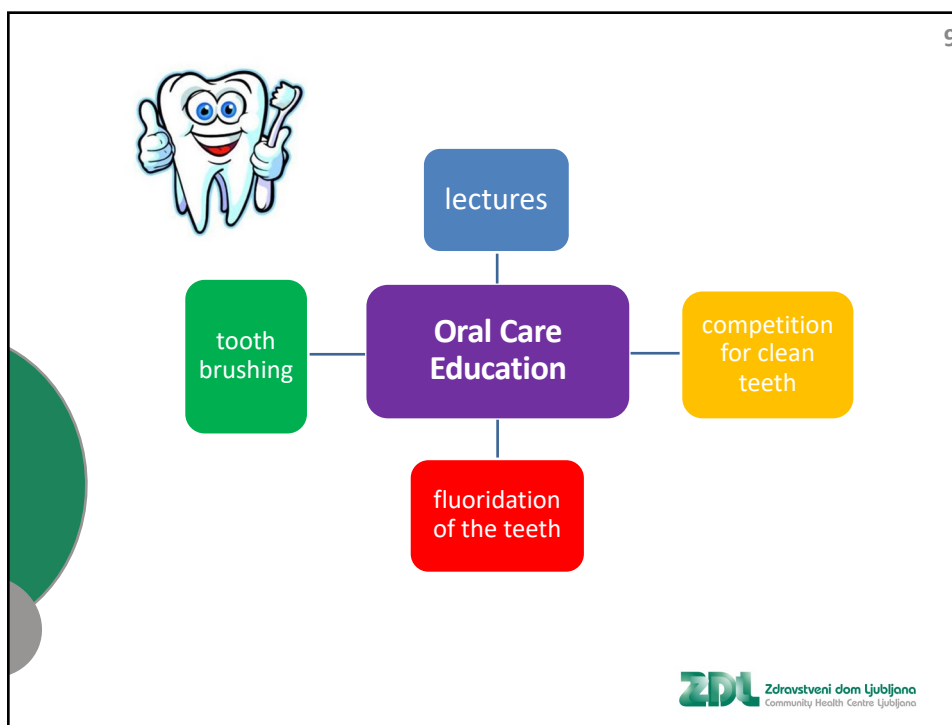
- Preparing for childbirth and parenthood programme,
- Health education for children and adolescents in kindergartens and schools programme,
- Health strengthening and prevention activities for children, adolescents and their parents,
- Health promotion for young people in local communities (e.g. PUMO),
- Dental education for children and adolescents,
- Health promotion programme for adults,
- Activities for promoting health and reducing health inequalities in local communities.

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Health education **during** the Covid epidemic - 19, when children and the youth returned to learning institutions;

Care:

- for own safety (mask, disinfectant)
- for the safety of children and teachers (masks, airing of rooms)

Emphasis on :

- hand hygiene (step-by-step hand washing)
- cough hygiene (in a tissue or in a sleeve)

The illustration shows two children. One child is standing at a sink, washing their hands with soap and water. The other child is standing next to a wall, coughing into their elbow. A green checkmark is visible next to the child coughing into their elbow, indicating correct practice.

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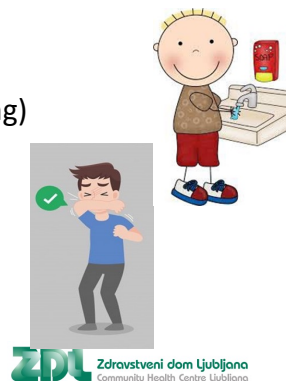
Health education **AFTER** the Covid epidemic - 19

Care:

- for own safety (~~masks~~, ~~disinfectant~~, hand washing)
- for children and teachers' safety (~~masks~~, airing of rooms)

Emphasis on :

- hand hygiene (step-by-step hand washing)
- cough hygiene (in a tissue or in a sleeve)



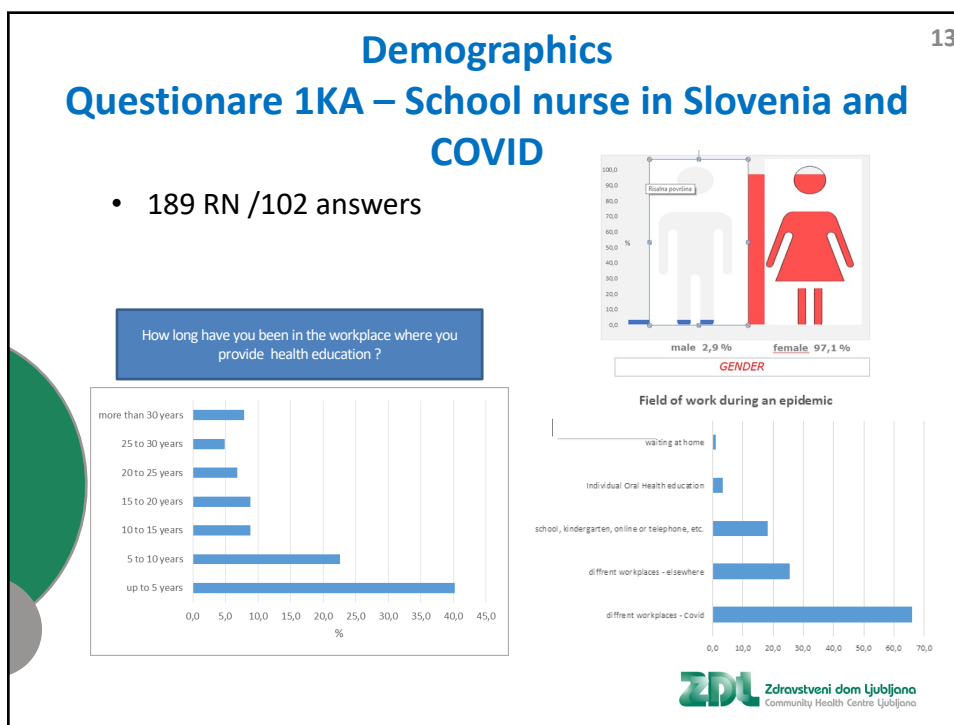
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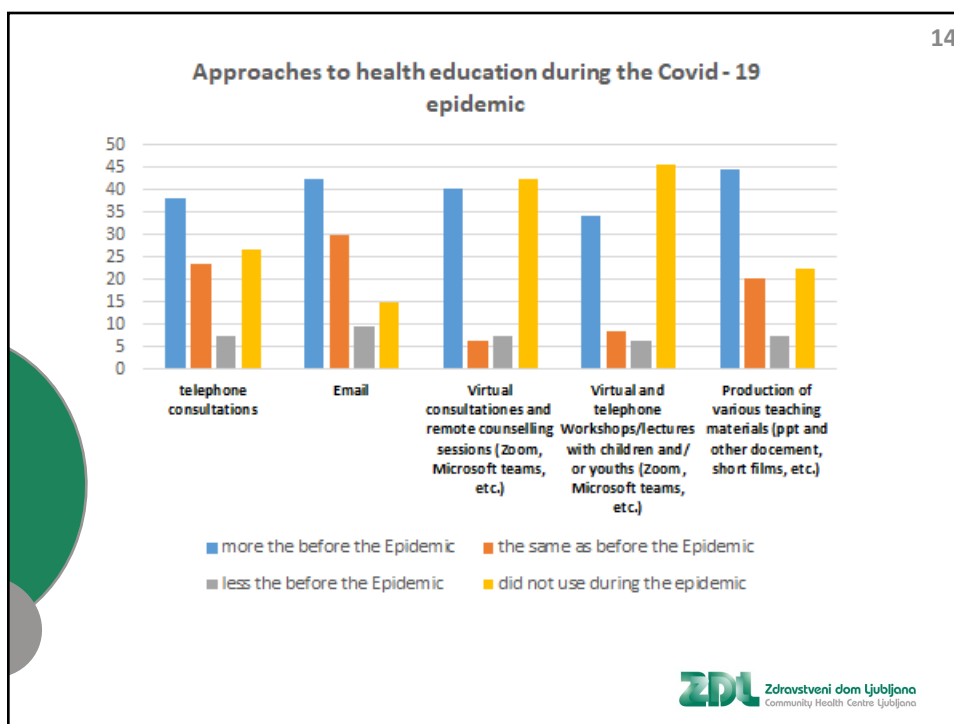
Results of the RESEARCH The impact of Health Education on HAND and COUGH HYGIENE in Slovenia

- **Who:** registered nurses working in Health Promotion Centres,
- their job is to implement healthcare according to the National Institute of Public Health (NIJZ) guidelines
- **Where:** in kindergartens, primary and secondary schools
- **The questions of the survey covered 3 periods**
(before, during and after Covid - 19)

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Regarding hand hygiene we were interested in:

- Demonstration of handwashing in front of a group of children
- Execution of handwashing with each child at the sink
- Do the children turn off the tap during soap application
- Do the children close and open the tap with the palm of their hand
- Do children close and open the tap with their elbow
- Emphasising the mandatory use of soap when washing hands
- Teaching handwashing in a step-by-step manner
- Emphasising the importance of drying the hands after washing
- Teaching the proper use of paper towels to dry hands

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- Use of fluorescent markers or other aids to visualise efficient handwashing
- Encouraging the use of hand sanitisers
- Use of different worksheets (colouring books, crosswords, etc.)

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Regarding respiratory hygiene, we were interested in :

- Execution of proper sneeze/cough into a sleeve or handkerchief
- Use of different worksheets (colouring books, crosswords, etc.)
- Implementing discussions with teachers and children on the importance of frequent room aeration and also encouraging airing out spaces

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Results:

- After the epidemic RN start with the health education in accordance with the NIPH content protocol, which does not include hand and cough hygiene, except in kindergartens and the first and second grades of primary school.
- **The results show** that practitioners **maintained the same percentage** of hand hygiene and respiratory hygiene care in their work across all age groups
- Many mental health issues are observed in schools (fear, isolation, multiple forms of addiction, the pitfalls of modern technologies, lower levels of patience,...)
- Decline in self-care for body-care
- Poorer oral health and greater need for individual work
- Expression of the need to adapt the HE content to the situation

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Film: Clean hands

Increased number of film viewings :

- At home
- Displayed in schools
- In classrooms



- <https://youtube.com/watch?v=85t2zIfjfo&feature=share>

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Cough hygiene (example of learning)



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Examples of good practices...

- https://www.youtube.com/watch?v=_NGzfUFGinc

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A long journey starts with one step;
make sure you take that step in the
right direction.



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THANK YOU FOR YOUR ATTENTION!
Majda in Alenka

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