

TEACHING AIDS USED BY DIETICIANS

Introduction

Extension teaching methods are the tools & techniques used to create situations in which communication can take place between the patients & the dietitians or health professionals. These are the methods of imparting new knowledge & skills to the people by drawing their attention towards such technologies, thereby arousing their interest and helping them to have a successful experience of the new practice. A proper understanding of these methods and their selection for a particular type of work is necessary.

Classification of Extension Teaching Methods

➤ According to use

One way of classifying the extension teaching methods is according to their use & nature of contact vis-a-vis interpersonal, group and mass communication. Based upon the nature of contact, they are classified into following categories:

1. Individual-contact methods

Extension methods under this category provide opportunities for face-to-face or person-to-person contact between the people and the health professionals. These methods are very effective in teaching new skills and creating goodwill between patients and the health professionals.

2. Group-contact methods

Under this category, the people are contacted in a group which usually consists of 20 to 25 persons. These groups are usually formed around a common interest. These methods also involve a face-to-face contact with the people and provide an opportunity for the exchange of ideas, for discussions on problems and technical recommendations. In this way, the future course of action is finalized.

3. Mass or community-contact methods

A health professional has to approach a large number of people for disseminating information and helping them to use it. This can be done through mass-contact methods conveniently. These methods are more useful for making people aware of the new technologies, quickly.

CLASSIFICATION OF EXTENSION-TEACHING METHODS ACCORDING TO THEIR USE

Individual contacts	Group contacts	Mass contacts
Home visits	Method and result demonstration	Print media (viz. Newspapers, magazines, leaflets, posters, pamphlets, circular letters bulletins)
Office calls	Group meetings, discussions	Electronic media (viz. Radio, television, cell-phones)
Telephone calls	Conferences, seminars, workshops, etc.	Internet-based media
Personal calls	Field trips, field days, campaign	Exhibitions, dairy mela

➤ **According to form**

Extension teaching methods are also classified according to their forms, such as written, spoken & audio-visual. Some of the important methods under each of these 3 categories are listed below-

CLASSIFICATION OF EXTENSION-TEACHING METHODS ACCORDING TO THEIR FORM

Written	Spoken	Object or visual
Bulletins	General & special meetings	Result demonstrations
Leaflets, folders, news articles	Home visits	Demonstration plots
Personal letters	Official calls	Motion-pictures or movies, charts
Circular letters	Telephone calls, radio	Slides & film-strips, models, exhibits

A brief description of some of the extension methods which are commonly used by health professionals is given below:

1. Home visit

Home visit constitutes the direct or face-to-face contact by a health professional with the patient or the members of his family. During these visits, information is

exchanged or discussed. The visits may be to get acquainted with the problems of the patients. Such visits provide an opportunity for a two-way communication.

2. Method demonstration

It is used to show the technique of doing things or carrying out new practices e.g. formation of new nutritious recipe etc. This method is usually used for groups of people.

3. Result demonstration

Result demonstration is meant for proving the advantages of recommended practices and to demonstrate their applicability to the local conditions. It is conducted under the direct supervision of a professional. It is designed to teach others, in addition to the person who conducts the demonstration. It helps the people to learn by seeing & doing. This method can be used to show the superiority of practices, such as curd culture, value addition, hygienic handling of foods, etc.

4. Group discussion

All the people cannot be contacted by professionals individually because of their large number. It is convenient & feasible to contact them in groups. This method is commonly known as group discussion. It is used to encourage & stimulate the people to learn more about the problems that concern the community through discussion. It is a good method of involving the local people in developing local leadership & in deciding on a plan of action in a democratic way.

5. Exhibition

An exhibition is a systematic display of information, actual specimens, models, posters, photographs, and charts, etc. in a logical sequence. It is organised for arousing the interest of the clientele in the things displayed. It is one of the best media for reaching a large number of people, especially illiterate & semi-literate people. Exhibitions are used for a wide range of topics, such as planning a model, showing high-yielding and nutritious food products, new agricultural implements and the best products of food industries.

6. Campaign

Campaign is used to focus the attention of the people on a particular problem, e.g. milk adulteration, vaccination and prevention of communicable and non-communicable diseases, tick control etc. Through this method, maximum number of people can be reached in the shortest possible time. It builds up community confidence and involves the people emotionally in a programme.

7. Field tour

Conducted tours for people are used to convince them and to provide them with an opportunity of seeing the results of new practices and products, skills, etc. and to give them an idea regarding the suitability & application of these things in their own area. Such tours may also be arranged to enable the people to visit places & institutions (connected with the problems of rural life), such as research institutions, training institutions, agricultural universities, model villages, areas of advanced developments, leading private farms, exhibitions, and agricultural & cattle fairs/dairy mela.

8. Print media

Newspapers, magazines, bulletins, leaflets, folders, pamphlets and wall news-sheets are another set of mass media for communicating information to a large number of literate people. They are used for communicating general & specific information on a programme of technology or a practice. Small folders, leaflets & pamphlets are used to give specific recommendations about a practice, such as clean production of food, vaccination schedule, detection of milk adulterants, etc.

9. Radio

It is one of the most powerful media of communication. It is a mass medium of communication and can reach a large number of people at any given time involving the least expense. Professionals use the radio for communicating information on new methods & techniques, giving timely information about the control of diseases animal pests, weather, market news, etc. For this purpose, talks, group discussions, folk-songs, dialogues & dramas are usually broadcast. There are radio programmes broadcast by All India Radio (AIR), FM (frequency modulated) radio, community radio, etc.

10. Television

It combines both audio & visual impact and is very suitable for the dissemination of information. It is more useful in teaching to do a specific job. A beginning has been made in India for using this medium for development programmes and it is expected that its use will become more extensive in the coming years. At present, along with the Government-owned channel (Doordarshan), several other private channels are telecasting various kinds of entertainment and developmental programmes to reach the viewers.

11. Leaflet

A leaflet is a single sheet of paper used to present information on only one developmental idea in a concise manner, using simple language.

LEAFLET:

- ▶ Leaflets are printed educational aids of a single sheet paper folded to make a full page of printed matter on single side. A leaflet is commonly referred to as any piece of printed information, which includes fact sheets, guides, small booklets, brochures and usually distributed for a campaign to disseminate the information or message to a large population.



12. Folder

A folder is a single piece of paper folded once or twice, and, when opened, the material is presented in sequence.

13. Pamphlet

A pamphlet is an unbound single sheet of paper that is printed on both sides, printed in colours with action photographs, giving full information about a topic in greater length than in folders or leaflets.

PAMPHLET:

- ▶ Pamphlets are a type of nonprojected audiovisual aids. A pamphlet is a paper that can be folded into two or three or five, and the matter can be printed either on a single or on both sides. In other words, a pamphlet is an unbound booklet without a hard cover or binding.



14. Bulletin

A bulletin is a publication of around 20 pages, with the primary objective of giving complete information which the intended readers can apply to their own situation.

15. Booklet

When the extension material exceeds 20 pages and is less than 50 pages, it is called booklet.

16. Poster

Poster is a large print, ad or decoration that can be displayed or hung on the wall. A large print showing the name of a product/food/supplement and an enticing picture to try to get to come is an example of a poster. noun.



17. Chart

Chart is a diagram, picture, or graph which is intended to make information easier to understand. Purpose of the chart is-

- Show trends over time.
- Compare data.
- Show the relationship of parts to the whole or highlight proportions.
- Show the parts that contribute to the total and compare change over time.

