

פיתוח והערכת הסכת בנושא אנדומטריוזיס למטרות למידה ותמיכה (פוסטר)

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Development and Evaluation of a Podcast on Endometriosis for Learning and Support Purposes (poster)

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Abstract

Chronic and transparent diseases are challenging to diagnose, and accordingly, patients struggle with coping with the disease. There is a great need to raise awareness of these diseases and create learning on the subject to answer the essential information gaps. In this work, the chronic disease studied is Endometriosis, that greatly affects the lives of one out of ten women, however there is a lack of information for the patients and their relatives. Therefore, there is a need for a means that helps in learning and raising awareness on the subject. A means found to be effective for raising awareness and creating learning is the podcast. Through podcasts, there is a possibility of strengthening a community and enabling learning on the subject.

To examine the podcast's contribution to learning and raising awareness of Endometriosis disease, an episode of the "Endo Warrior" podcast was produced, and the listeners were asked to fill a questionnaire which examined the level of learning and support that the episode provided to them. The target were patients with the disease and their relatives. The findings showed high satisfaction of the listeners with the podcast episode, an evident that the level of learning was high, especially for listeners with larger information gaps on the subject. Similarly, the level of support and identification felt by the listeners was high, especially among female listeners with the disease. It can therefore be concluded that producing podcasts on chronic diseases in general and Endometriosis in particular, may help to learn and raise awareness and support for the disease.

Keywords: Chronic diseases, Endometriosis, Podcast, Community, Learning, Raising awareness, Information gaps.

תקציר

חולים וחולות רבים מתמודדים עם מחלות כרוניות ושקופות אשר מאתגרות באופנים רבים, אך המשותף לכולן הוא הקושי באבחון ובגילוי שלהן. דוגמה משמעותית למחלות עם קושי לאבחון הן מחלות המקושרות לגוף הנשי ומכאן מייצרות סטיגמה הפוגעת בדימוי הגוף של האישה. על מנת לסייע באבחון המחלה ולגשר על פערי המידע המהותיים יש ביקוש להעלות המודעות למחלות אלה ויצירת למידה בנושא. בעבודה זו, המחלה הכרונית הנחקרת היא אנדומטריוזיס, אשר משפיעה רבות על חייהן של 10% מאוכלוסיית הנשים בעולם אך עדיין קיימים פערים ומחסור בזמינות במידע לחולות ולקרובים להן. אמצעי שנמצא יעיל להעלות

מודעות ויצירת למידה הוא ההסכת – קובץ קול הניתן להאזנה לפי דרישה. באמצעות הסכתים ישנה אפשרות לחיזוק קהילה, העלאת מודעות ויצירת למידה בנושא. על מנת לבחון את התרומה של הסכת ללמידה והעלאת מודעות למחלת האנדומטריוזיס, בשלב הראשון הופק פרק בהסכת "לוחמת אנדו" בנושא המחלה, ובשלב השני התפרסם שאלון לאחר האזנה לפרק אשר בחן את רמת הלמידה והתמיכה שהפרק סיפק למאזינים. קהל היעד של הפרק והשאלון היו חולות במחלה והקרובים להן. ממצאי השאלון הציגו שביעות רצון גבוהה של המאזינים מפרק ההסכת וכן ניכר כי רמת הלמידה הייתה גבוהה, בעיקר עבור המאזינים בעלי פערי מידע גדולים יותר בנושא, וכן רמת התמיכה וההזדהות שחשו המאזינים הייתה גבוהה בעיקר בקרב המאזינות אשר חולות במחלה. ניתן להסיק אם כן, כי הפקת הסכתים בנושא מחלות כרוניות בכלל ואנדומטריוזיס בפרט עשויות לסייע ללמידה והעלאת המודעות והתמיכה בחולים.

מילות מפתח: מחלות כרוניות, אנדומטריוזיס, הסכת, קהילה, למידה, העלאת מודעות, פערי מידע.

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