

# **AN EVALUATION OF MINDSET HEALTH: USING ICT TO FACILITATE AN INNOVATIVE TRAINING METHODOLOGY FOR HEALTH CARE PROVIDERS IN SOUTH AFRICA**

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## **Objectives**

Mindset Network is a non-profit South African organisation which aims at the personal, social and economic upliftment of all Africans through the delivery of quality education on a mass scale. It develops, packages and distributes effective video, computer based multimedia and print educational content via a dedicated educational satellite broadcast network. This research evaluated the usage and acceptance of Mindset Health and also the efficacy of HIV and AIDS curriculum based video content in terms of learning, attitude and motivation in Health Care Providers (HCPs).

## **Methodology**

A sample of 130 HCWs (from 12 public health facilities) with access to Mindset Health content were given questionnaires to explore the usage of content and attitudes to Mindset Health, working with HIV, and personal perceived vulnerability to HIV. A separate sample of 50 HCWs (from 5 health facilities) with no access to Mindset Health was used to evaluate the video content in terms of learning. A pre-test, post test design was used to evaluate the difference between existing knowledge and acquired knowledge as a result of exposure to Mindset Health video content

## **Results**

Results show that Mindset Health was well accepted and valued by its target audience. 85% rated the content Excellent or Good; 87% believe Mindset Health has helped them to understand their HIV positive patients better and 60% reported that Mindset Health had motivated them to discuss HIV and AIDS with others. In terms of educational value, 63% of the test items showed a positive, statistically significant increase in participant learning as a result of exposure to Mindset Health video content ( $p < 0.05$ ).

## **Conclusion**

Mindset Health has been accepted as a valuable and useful training resource in Public Health Care Facilities in South Africa. The Mindset video content has been shown to facilitate improvement in knowledge of HIV and AIDS and contribute to positive attitudes to working with HIV positive patients. This research suggests that the use of ICT in health education can make a valuable contribution to the fields of education, training and professional development.