

**Beebe Healthcare**  
**Margaret H. Rollins School of Nursing**  
**Nursing 101 - Foundations of Nursing**

**Communication Day 3 Class Prep Worksheet**

Video: <https://www.youtube.com/watch?v=3tVeCjXP7mY>

1. Describe health literacy in your own words.
  - a. Health literacy is how well the patient can understand the data they are being given. This also includes on how they can connect the education they are given to their diagnosis.
  
2. Discuss 3 of the adult learning principles mentioned in the video. Be sure to describe the learning principle and give an example of how it would be used in practice.
  - a. Perceived need is one of the adult learning principles due to the patient needing to know why the education and care given is necessary to their health visit. For example, if a grandma walks into a clinic and you say she needs a flu vaccine, the grandma may need to know why it is important for her to receive the flu vaccine.
  
  - b. Progress from known to unknown is when the patient has a previous understanding of some of the information and the nurse starts explaining to the patient with what they already know and expand to knowledge that they are not aware of yet. An example of this would be if a patient comes in with asthma and their parents have asthma so the patient knows what some of the symptoms already are. The nurse would start explaining asthma with the symptoms that they are aware of and then proceed to information that they do not know yet.
  
  - c. Active participation is when the patient is actively showing examples and understanding in a way that can be shown. An example of this would be if a patient was learning about how to inject insulin and then the nurse had them show how to inject insulin into themselves safely while the nurse is there.
  
3. State at least 3 methods of teaching mentioned in the video.
  - a. One on one teaching
  
  - b. Group teaching
  
  - c. Written materials
  
4. Why are written materials recommended in teaching clients?
  - a. Written materials are recommended in teaching clients due to the client's being able to go back and reference these materials when they have more questions. Written

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materials are also beneficial for the client to do a more in-depth reading of the material they are given on their own time.

5. What types of tips should you remember when presenting data to a client?
  - a. Some types of tips you should remember when presenting data to a client are void being vague, avoid jargon, connect, use empathy, and keeping it simple.
  
6. Which of the following does the video recommend when presenting numbers to our clients?
  - a. 5 in 100
  - b. 5%**
  - c. Rare