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. What information individuals understand and process to a certain degree.

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- This is talking about the medical problem with a client and the way I would use this in practice is what do you know already about your medical problem.

   b. Simple to Complex- Start out simple as in asking about the symptoms which I would do in practice to avoid them not knowing what I'm talking about and then moving to complex like showing them what's going on and why something isn't working the way it is to avoid any confusion. Ex. Showing them a picture of the lungs and where the problem is and why it's not working the way it should be.

   c. Active Participation- Family and the client participating more which is integrating more information into their behaviors and they are learning how to maybe care for someone, or how and when medications should be administered. Ex. A patient and their family members demonstrating they know how to give a medication and why they can't crush it if it's enteric-coated.

3. State at least 3 methods of teaching mentioned in the video.
   a. Written materials

   b. One-on-one teaching

   c. Group teaching

4. Why are written materials recommended in teaching clients?
   a. Allows patient to take home and review and reference when they forget or don't know how to do something.

5. What types of tips should you remember when presenting data to a client?

a. Avoid being vague (be clear and direct) and medical jargon, connect with them, emphasize and keep 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