

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. This is the ability to understand basic health information and how to follow instructions in health decisions.

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: Patients need to learn what's going on in their health care plan. EX: Patient has questions on what alternative routes they must take based on the diagnosis given.

 - b. Progress from known to unknown: making connections to what your patient already knows and connect it to the unknown information, which is the problem we are teaching them. EX: Asking a patient how they handled the last time they got sick/injured and making a connection to their current situation.

 - c. Simple to complex: start out with simple information and work into more complex explaining on a body system that relates to the patient's problem. EX: Discussing that certain vital signs and symptoms can be related to a deep meaning, like something may be going on in the heart. Explain the simple things to get to the more complex explanation.

3. State at least 3 methods of teaching mentioned in the video.
 - a. One-on-one teaching

 - b. Written

 - c. Internet resources

4. Why are written materials recommended in teaching clients?
 - a. This is so the patient has something to fall back on when they are at home, incase they forgot a step discussed.

5. What types of tips should you remember when presenting data to a client?
 - a. Avoid being vague and speaking in medical jargon. Be sure to connect to the patient and use empathy. Make sure to keep the data simple and understandable.

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6. Which of the following does the video recommend when presenting numbers to our clients?
- a. 5 in 100
 - b. 5%**
 - c. Rare