

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. **To make informed decisions about their care, clients must have the ability to understand their basic health information and services available to them. Health literacy is an individual's capacity to gather, understand, and interpret their health information to make decisions on their health care needs.**

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. **Progress from known to unknown: In order to appropriately gauge the patient's current understanding, it is best to ask the patient what they know already. When the nurse understands what the patient already knows, the nurse can then build upon that foundation and educate on the unknown. For example, if a patient has a problem with the kidneys, but they know that the kidneys are responsible for excreting waste and balancing fluids and electrolytes, then the nurse can educate the patient on the current problem and how it disrupts the normal functioning of the kidneys.**

 - b. **Simple to complex: Patient education should evolve from simple to complex. Rather than starting with the pathophysiology and intricacies of heart failure, it is best to start with describing the heart and generally discussing that the heart is not functioning as it should. There is no need to start complex because it will only confuse the patient.**

 - c. **Practice new skills: It is important for adults to replicate the nurse's teaching when in comes to procedures. For example, a newly diagnosed Type I diabetic patient will be taught about self-administering insulin shots. By practicing the skill and demonstrating how to self-administer insulin in front of the nurse, the patient will have learned the skill through practice.**

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

 - b. **Group teaching**

 - c. **Written materials**

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4. Why are written materials recommended in teaching clients?
 - a. **It allows clients to take the information they learned at a care facility for review/reference at home. It is easy to forget verbal teachings, but they can be reinforced and maintained with a reference.**

5. What types of tips should you remember when presenting data to a client?
 - a. **Being clear and avoid being vague. It is important to present data at a basic level for easy understanding and to prevent misinformation. Keeping the data simple while being empathetic is greatly encouraged to give the client the time to ask clarifying questions or to demonstrate understanding.**

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