

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

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Communication Day 3 Class Prep Worksheet

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

1. Describe health literacy in your own words.

a. Patient does not understand principles in healthcare

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** - To understand pts own medical problem. (Ex: pt has hypertension, questions why they need to take med. Explain for their high BP)

b. **Known to unknown**
→ Have an understanding of an illness from another source but now that the pt has the illness, pt needs to be taught more about the illness to their own health.

c. **Simple to complex**
→ To talk about the illness first to the pt then thoroughly explain in detail about the illness

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

a. One-on-one
Ex: Heart condition/why
↳ Show diagram of heart

b. Group

c. Written materials

4. Why are written materials recommended in teaching clients?

a. So the pt can take them home to review the materials as it can be a lot of info to remember.

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

a. Avoid being vague, avoid using jargon, connect to the pt, use empathy, and keep it simple to not overwhelm the pt.

6. Which of the following does the video recommend when presenting numbers to our clients?

- a. 5 in 100
- b. 5%
- c. Rare