

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 refers to a patient's understanding of healthcare principles. This includes terminology relating to their diagnosis, treatment, and interventions relating to the reason why they are seeking care.

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. Progressing from known to unknown: When teaching adults, we can aid in their understanding of new topics by connecting them to familiar ideas. By connecting back to their previous experiences or connecting to their previous knowledge, we are making greater concepts easier to comprehend.
 - b. Practicing the skills: When educating patients on certain tasks and skills that are necessary to perform to aid in their treatment or recovery, it is important to not only show the client what is expected, but to have them practice it. This hand on experience reinforces their learning and positive behavior.
 - c. Immediate feedback: When learning new skills or information, adult learners like immediate feedback. This includes feedback given during one-on-one teaching sessions and positive reinforcement throughout.

3. State at least 3 methods of teaching mentioned in the video.
 - a. Group teaching: Group teaching is extremely effective in teaching multiple client's information at one time. This is one of the most time effective ways of teaching and does not take away from the patient understanding.
 - b. Written materials: In addition to verbal teaching with a patient, written materials is an extremely effective method of recalling important information that was taught.
 - c. Online resources: In addition to discharge instructions, online resources is a great resource to include with client teaching as it has become increasingly accessible.

4. Why are written materials recommended in teaching clients?
 - a. Written materials are recommended in teaching clients as it is difficult for clients to remember all the information taught during sessions. Not only is there a lot of information taught during these sessions, it is often difficult for clients to recall specific details that may be important to their care.

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5. What types of tips should you remember when presenting data to a client?
 - a. Avoid being vague.
 - b. Avoid jargon.
 - c. Connect.
 - d. Use empathy.
 - e. 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