

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. A client's ability to receive, comprehend, and implement medical education.

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: Why is it imperative that this client receives this information?
 - i. Ex. Discussing with the patient why lifestyle changes need to be made in order to slow the progression of their condition.
 - b. Progress from known to unknown: identify information that patients already know or attempt to make connections that the patient can relate to. A nurse can use this "baseline" to build on.
 - i. Ex. If acute, ask if the client has ever had this condition before. Ask what they were advised to do in the past or what changes were made at home. As the nurse, you can use this information to add extra information or provide suggestions.
 - c. Simple to complex: utilize simple diagrams and terminology to explain complex processes.
 - i. Ex. Before educating a client about their current condition, start by explaining the normal anatomy and functioning of the organ/ system. Then progress to where the dysfunction in their system is and explain how those abnormalities are producing their current symptoms.
 - d. Active participation: involving the client's family in their healthcare journey and encouraging participation in lifestyle changes or health improving activities.
 - i. Ex. You may want to encourage the client to exercise more frequently to promote heart health. You may suggest to the client that walking in the morning with his wife is an excellent way of staying active.

3. State at least 3 methods of teaching mentioned in the video.
 - a. One-on-one teaching: can be personalized and extremely informative. Unfortunately, can be difficult due to time constraints
 - b. Group teaching: educating multiple people with similar conditions at the same time (usually topic focused)
 - c. Written material: allows client to revisit information discussed in one-on-one or group settings.

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4. Why are written materials recommended in teaching clients?
 - a. It allows patients to revisit the information discussed at their own leisure. From the comfort of their own home, patients can learn more about their diagnosis and can possibly proactively answer their own questions. Improved understanding of health teachings can promote adherence of recommendations and lifestyle choices.

5. What types of tips should you remember when presenting data to a client?
 - a. Keep it simple: avoid clinical jargon and provide materials at a 5th grade reading level. This allows the client to understand the information better without the stress of deciphering clinical terminology. If patients do not understand their condition or teachings, they are less likely to adhere to them.
 - b. Remain empathetic and compassionate: Patient's may be worried or stressed, so it is vital to attempt to connect with them. This can put them at ease and reduce anxiety. Considering their home environments, lifestyle habits, and family members may aid in more effective care planning.

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