

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

1

**Communication Day 3 Class Prep Worksheet**

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

- 1. Describe health literacy in your own words.**
  - a. The ability to understand and implement healthcare decisions that relate to their own health
  
- 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. A perceived need: with involves a need or reason for learning the information. Ex. Teaching a client a condition they have such as COPD
  - b. Simple to complex: start with the simple complex and build off that to more complex topics. Ex. Starting by teaching client about basic anatomy such as a model of colon and moving from that to how diverticulitis effects the colon
  - c. Practicing a new skill: involves the client practice how to do a skill that was just taught to them to help them be able to do it themselves. Ex. Learning how to set up tube feeds by themselves so they will be able to do it at home
  
- 3. State at least 3 methods of teaching mentioned in the video.**
  - a. One-on-one teaching
  
  - b. Group teaching/support group
  
  - c. Internet resources
  
- 4. Why are written materials recommended in teaching clients?**
  - a. So the client can go back and refer to information. The client will leave the hospital and forget what you taught them so having this they can go back and refresh their memory.
  
- 5. What types of tips should you remember when presenting data to a client?**
  - a. Avoid jargon
  - b. Avoid being vague
  - c. Connect
  - d. Use empathy
  - e. Keep it simple

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

2

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