

**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 person's understanding of health-related concepts, regardless of academic status/level.
  
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: Connect to a perceived need for learning information by inquiring about the health problem and understanding it more deeply. For example, if someone is coming in for a diabetic crisis, ask a client what may have caused the crisis, and teach them why this action should be avoided to prevent a future crisis.
  
  - b. Simple to Complex: Starting with information the client can easily pick up and understand and moving to more complex concepts. For example, if a client is having GI tract inflammation, before you pull out a diagram of the intestines, start by asking the client what their symptoms are and explaining how these symptoms connect to GI inflammation.
  
  - c. Active Participation: When a patient participates in the learning of their health, they pick it up faster and have an easier time learning. The person learning is the person teaching, so for example, after explaining a health issue to a client, have them use the teach back method to show their understanding.
  
3. State at least 3 methods of teaching mentioned in the video.
  - a. One-on-one Teaching: Nurse-client closed loop communication about the client's specific health issue. Not time efficient but sometimes the best way for a client to learn.
  
  - b. Group Teaching: A group of clients experiencing similar things, such as a support group, a diabetes class, and a childbirth class.
  
  - c. Written Materials: Great source for clients to review and gives them a visual and physical way to learn about their health.
  
4. Why are written materials recommended in teaching clients?
  - a. Written materials are very beneficial because if a client has trouble remembering their teachings, they have material to refer to jog their memory and understand better.

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5. What types of tips should you remember when presenting data to a client?
  - a. Keep it simple so they do not get overwhelmed and have empathy and try to connect with them about their situation for comfort, avoid medical jargon and use layman's terms to describe medical topics for the clients understanding and to avoid making them feel belittled, and be explanatory and not vague in your topics of teaching.
  
6. Which of the following does the video recommend when presenting numbers to our clients?
  - a. 5 in 100
  - b. 5%
  - c. Rare