

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 is when a person is able to understand, process, and obtain basic health information in order to make safe and appropriate decisions based on someone's 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. Perceived need, they need to understand why they will be doing it. An example could be talking about why a procedure needs to be done and what you will be doing in order to help that go smoothly.

 - b. Progressive from known to unknown, you will ask the patient what they already know about maybe a procedure they will be having so then you are not re-explaining something. Then you can move on to maybe what they don't know about the procedure such as exactly what will happen while they are in there etc.

 - c. Simple to complex, you want to start off with simple terms if something is going on with the heart start off with the basic anatomy, once they begin to understand you can bring in the more complex like how the heart works and more advanced models. The goal is to not overwhelm your patient.

3. State at least 3 methods of teaching mentioned in the video.
 - a. One-on-one teaching

 - b. Group teaching

 - c. Written Material

 - d. Internet resources

4. Why are written materials recommended in teaching clients?
 - a. The patient can take the material home and will be able to review it if they forgot something, or just need a little more clarity.

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5. What types of tips should you remember when presenting data to a client?
 - a. You need to make sure you are not being vague, making sure you can connect things together with the patient because it will give them a better understanding, make sure you are using empathy and make sure you are keeping 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