

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 ability to understand and process information regarding their health to make informed decisions.

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- Understanding what the patients need or goal is and being able to make choices to get them to that goal. Ex: The patient is in pain and has a pain goal of 3, I can make choices to reach that desire by giving pain meds or another alternative.

 - b. Progress from known to unknown- Relating the concept to something the patient is familiar or has experienced with to get them to understand what the new issue is. Ex: Asking them what therapies helped them with their last illness, so that we can make informed decisions about if that is a good option since it worked before.

 - c. Active participation- Teaching the patient and their families about the health issue on a level they understand. Ex: Teaching the patient and their families in a 5th grade level instead of using complex medical terminology.

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

 - b. Group teaching

 - c. Written materials

4. Why are written materials recommended in teaching clients?
 - a. Patients will forget a lot of what you told them in the hospital so written materials to take home are helpful for them to refer to.

5. What types of tips should you remember when presenting data to a client?
 - a. Avoid being vague, avoid jargon, connect, use empathy, and keep it simple.

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