Communication Day 3 Class Prep Worksheet

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

1. Describe health literacy in your own words.
   a. Health literacy is the patients level of understanding about their health, to then be able to apply that understanding to certain health related 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: The patient needs a reason for the teaching to be able to fully grasp the concept.
   -Before starting your patient education, you can connect their medical diagnosis to what you will be teaching them about.

   b. Progress from known to unknown: Making connections to things the patient already recognizes.
   -The patient has already seen her sister care for her diabetes, so you can make connections to how her care will be similar to the patients own.

   c. Simple to Complex: Start with explaining familiar topics to gain a base, and then work to more harder subjects from there.
   -The patient has afib, so you can start with explaining how the heart has a normal heart rhythm and then go into more complex subjects from that.

3. State at least 3 methods of teaching mentioned in the video.
   a. One on One teaching (Nurse and Patient)

   b. Group Teaching (Support Group and Classes)

   c. Written Materials

4. Why are written materials recommended in teaching clients?

a. Patients will more then likely forget what you taught them, so if they have a paper also listing all the information, it is easy to refer to. They will then be able to continue to do the proper steps at home.

5. What types of tips should you remember when presenting data to a client?
    a. Keep it simple, avoid being vague, and avoid medical terminology.

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