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 explaining medical terminology and text in words and context that is easier for non-medical professionals to understand, and understanding what level is appropriate for them to understand.

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 – For adults to want to learn something, they are more likely to listen and learn if it is relevant to them in some way. For example, medication teaching for a client (Lasix) who has CHF. They will want to learn about it as they will need to decrease fluids to feel better.

   b. Simple to complex – Start with the basics and go to more advanced concepts. You could start with a UTI, and the infection spreads to the blood stream causing sepsis. Most people will understand a UTI, but not necessarily what being septic is. Starting at the basics would help them to put two and two together.

   c. Active participation – Most people will participate showing that they are understanding and will reflect on their own life. If someone is showing the interest to participate they may be more likely to follow through with this care outside of the healthcare facility.

3. State at least 3 methods of teaching mentioned in the video.
   a. One on one teaching
   b. Written materials
   c. Internet resources

4. Why are written materials recommended in teaching clients?
   a. Patients forget a lot of what was said or taught in the hospital, so if they are given reading materials to take home with them, they can refer back to it if they forgot anything or have questions.

5. What types of tips should you remember when presenting data to a client?
   a. Avoid being too vague

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