

**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>

**Danni Alfree**

1. Describe health literacy in your own words.
  - a. The availability of resources people have to make decisions about 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: what is going on with their medical problem that they need help with. This is the first concept of the nursing assessment we are taught. It is part of the interview process where we gather subjective data from the client. We would use this learning principle in the first conversation we have with the client.
  
  - b. Progress from known to unknown: making connections from what the client knows to what they wouldn't know as someone who does not have a medical background. This principle is to dig deeper into the nursing process to begin making those connections between diagnoses and side effects, PMH, or even CC. When teaching the client with this technique it is important to keep in mind that we should avoid medical terminology and speak to them at a level where they could even begin making their own connections about their health.
  
  - c. Active participation: having the client/caregiver engage in what you are teaching to fully comprehend what is being taught. This would be used in practice by once explaining and presenting written instructions/information have the client demonstrate what was taught. Having them recite and even walking through the steps of what you taught would be an example of active participation.
  
3. State at least 3 methods of teaching mentioned in the video.
  - a. Written materials
  
  - b. Internet resources
  
  - c. Group teaching
  
4. Why are written materials recommended in teaching clients?
  - a. Clients are able to refer back to them

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5. What types of tips should you remember when presenting data to a client?
  - a. Keep it simple. Avoid being vague. Connect. Keep it simple. 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