

**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 the ability to gain and use knowledge to understand and manage 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. **Teaching in a way that progresses from known to unknown helps the patient to make connections from their previous experiences to understand their new illness or disease. For example, we could help the patient recall how they recovered from the flu, which they are familiar with, and connect it to their present illness.**
  
  - b. **Teaching from simple to complex will prevent the patient from feeling overwhelmed by the complexity or severity of their illness. Start with a simple explanation, for example, how their symptoms relate to their heart not working very well.**
  
  - c. **When teaching a client, we should encourage them to practice their new skills to reinforce their learning. An example could be drawing up their own medication if they are taking insulin, and correct any incorrect behaviors.**
  
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. **Written materials are recommended in teaching clients because it serves as a reference to what they were taught. Most times the client will forget what they were taught so it would provide the client an opportunity to comprehend the material on their own time.**

**Beebe Healthcare**  
**Margaret H. Rollins School of Nursing**  
**Nursing 101 - Foundations of Nursing**

5. What types of tips should you remember when presenting data to a client?
  - a. **Avoid being vague and using medical jargon, instead keep it simple and to the point. Connect with your client and use empathy.**
  
6. Which of the following does the video recommend when presenting numbers to our clients?
  - a. 5 in 100
  - b. 5%**
  - c. Rare