

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

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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 understanding of the concepts of healthcare. It ensures that clients can comprehend and make accurate decisions from the services.

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. **Corrections of misconceptions** – Many people may have their own perceptions of a certain disease process or vaccine. It is important to correct those viewpoints to ensure that they are led correctly. An example would be that antibiotics can treat all infections. In reality, you would have to politely correct the client and explain that antibiotics are only effective against bacterial infections, not viral infections.
 - b. **Progress from known to unknown** - when new knowledge and understandings are built through connections of information that the client already knows. An example could be a client who has a family member who has a history of hypertension. This could be used to connect the information about the new medication that is provided to treat hypertension.
 - c. **Practice new skills** – repetitive practice allows the client to integrate the new information and use it in real-time to ensure that they are performing it proficiently. An example would be allowing the client to practice drawing up insulin and administering it to themselves so that they can perform the task daily.

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

 - b. Group teaching

 - c. Internet resources

4. Why are written materials recommended in teaching clients?
 - a. Written materials are recommended in teaching clients because it allow clients to have information to bring home with them and refer back to. It provides them time to truly understand their own leisure time and prevents the forgetfulness that they may have when they leave the hospital.

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5. What types of tips should you remember when presenting data to a client?
 - a. You want to avoid being vague, using jargon, and keep it simple to make sure the information is stated clearly and the client can understand. You want to be able to connect with the client and family and use empathy to allow for open communication and the ability to ask questions.

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