

**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. The ability to understand and use health information to make informed decisions. Good health literacy enables individuals to interpret health data, understand treatments, and make choices about their 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:** adults are more motivated to learn when they perceive the information as relevant and necessary to their current situation or goals. Ex: "Understanding how to monitor your blood sugar will help you feel better day-to-day and prevent serious complications in the future."
  
  - b. **Progress from known to unknown:** building on existing knowledge to introduce new concepts. Ex: When teaching about a new medication, start by relating it to a familiar drug class before explaining its unique properties.
  
  - c. **Simple to complex:** Starting with basic concepts and then gradually progressing to more complex ideas. Ex: When teaching about diabetes management, you might start with explaining what blood sugar is before moving on to more complex topics like insulin resistance.
  
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. Provides a tangible resource for patients to take home and review at their own pace. If a patient ever forgets what has been taught, they can go over the handout.
  - b.
  
5. What types of tips should you remember when presenting data to a client?
  - a. Avoid medical jargon
  - b. Avoid being vague
  - c. Keep it informed and straight to the point
  - d. Use empathy, patience, understanding

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