

**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 when an individual has the ability to obtain, process and withhold, or understand information about their health and what is needed to better their health as well.**
  
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- Describing what is going on with their medical problem.**  
**An example would be talking to your patient in non jargon terms about their type of diabetes and what caused it.**
  
  - b. **Simple to complex- Starting off simple and speaking in how the patient will understand and then move onto complex statements. This is typically when you would go more medically in depth but still using words to help the, understand better.**  
**An example would be if a patient has chest pain start with the symptoms they are having and how they can relate to their chest pain. Then further explain the medical side of the chest pain, the more complex side.**
  
  - c. **Active participation- Wanting all participation from patient and their family members. The more people involved and being active/participating in the conversation the more everyone understands.**  
**An example would be if the patient is going home but needs an assistive device, such as a walker you would want all the patient and patients family members involved to listen and participate so they are well aware of what to expect and how the walker should be used.**
  
3. State at least 3 methods of teaching mentioned in the video.
  - a. **Practicing new skill**
  
  - b. **Immediate feedback**
  
  - c. **Reinforce behavior**
  
4. Why are written materials recommended in teaching clients?

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- a. **Written materials are recommended in teaching clients because the patient can take the paper home and review any information necessary. By the time a patient gets home they are going to forget what was taught to them back at the hospital, so having written materials is extremely helpful for them to refer back to.**
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5. What types of tips should you remember when presenting data to a client?
    - a. **Being clear, avoid being vague, avoid using medical terms (jargon), use empathy, be simple and connect with your patient.**
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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