

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. A patient's capabilities to understand the medical and health information we are giving to them when it comes to their healthcare.

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. One adult learning principle is to connect their illness to something they already know, for example if their family used to have lung cancer they can connect their own lung cancer diagnosis to the experience they had with their family members.

 - b. Another thing we can do is start with a simple explanation and then when they understand that we can move onto the more complex information. For example we can start by explaining how the body system would normally work and then bring in how theirs is affected that makes it not work properly. This can slowly explain things to them without overloading them with a ton of information.

 - c. The final principle is behavior reinforcement, this can be done by teaching them how to do something for their care and then reinforcing them with things like "good job" after they complete it correctly. For example if we can teach the patient how to give their own insulin shot and then reinforce them when they do it correctly they are more likely to learn and retain that information.

3. State at least 3 methods of teaching mentioned in the video.
 - a. One on one teaching: where we sit down with the patient and teach them everything they need to know.

 - b. Group teaching: a way to teach multiple patients about a topic or condition at the same time, making sure they all get the information they need.

 - c. Written materials: printing out resources for the patient to keep with them so that they don't feel as if they need to remember everything when you go over it with them and they have something to refer back to.

4. Why are written materials recommended in teaching clients?

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- a. After leaving the hospital, patients tend to forget a lot of the teaching that is given to them. Written materials make it so that they have information to refer back to when they get home and they can get information from a reputable source.
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5. What types of tips should you remember when presenting data to a client?
 - a. You want to avoid jargon and explain things in words that the patient can fully understand. You also want to use empathy because they are most likely going through a tough time and being empathetic with them can help them feel more supported while they learn about their condition.
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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