

**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. The level of understanding a patient has on basic health information and processes to make their health decisions confidently.
  
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: Be sure your teaching is connected to their medical problem, therefore its information they need to know. For example, if a patient has diabetes, our teaching can focus on a sugar free diet, instead of focusing on a salt restriction diet.
  
  - b. Progress from known to unknown: When teaching make connections to things they already know or have previous knowledge of. For example, if a patient knows a family member with impaired hearing and they know they have hearing aids, we can start with teaching them about that.
  
  - c. Simple to Complex: Start with simple topics such as symptoms they are experiencing or may experience in the future, then go into the more complex things such as medications. For example, if a patient has heart failure start by teaching them about symptoms, then slowly start teaching them about certain parts of the heart.
  
3. State at least 3 methods of teaching mentioned in the video.
  - a. One-on-one teaching
  
  - b. Written materials
  
  - c. Internet Sources
  
4. Why are written materials recommended in teaching clients?
  - a. Patients will forget the information you taught them by the time they get home, therefore, when they have written materials they can go back and look at the information to refresh their memory.

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