

**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 capacity that individuals have to process and understand health information in order to make decisions on 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. Active Participation, more participation will lead to a better understanding of the subject you are trying to teach. An example would be including a patient when preparing their care plan to hear their thoughts and opinion.
  
  - b. Practice new skills, teaching and then having the person do it after you. An example would be teaching someone to draw up insulin and then have them do it after you to make sure they know how to do it properly.
  
  - c. Progress from known to unknown, connect situations or experiences that they already know about and use it to teach the unknown. An example would be talking about the symptoms that the patient has involving the heart and then add in why these symptoms happen and how.
  
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. So, the patient can come back to the materials and re-read if needed.
  
5. What types of tips should you remember when presenting data to a client?
  - a. Keep it simple and be clear, don't use jargon, connect, and use empathy.

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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