

**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. Educating clients about beneficial information about themselves in order to understand concepts in 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. Perceived need: What the client's actual problem is. An example would be connecting with a client about what is going on with their medical problem.
  
  - b. Progress from known to unknown: Making connections with things you client already knows. The client may have experience with recovery so associating that with their current condition would be a good connection.
  
  - c. Active participation: Allowing client to be apart of their current condition. The more a client participates the more information they will retain.
  
3. State at least 3 methods of teaching mentioned in the video.
  - a. Group teaching
  
  - b. Internet resources
  
  - c. Written materials
4. Why are written materials recommended in teaching clients?
  - a. The client can go back to reread or recall information they were taught.
  
5. What types of tips should you remember when presenting data to a client?
  - a. Make sure that you are clear and concise when presenting information to the client. Communicate with the client without using jargon while connecting with them. It also important to 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