

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. An individual's understanding of medical information or healthcare concepts overall. Understanding the use of medical information to better understand their diagnoses or even care plan. Whether or not an individual is knowledgeable they may not have a basic understanding of healthcare concepts.

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. Practicing new skills; in other words, having the patient perform the skill they had learned making sure they have a good understanding of the skill. An example could be the patient showing how to properly clean an incision site
 - b. Reinforcing behavior, if the patient is performing an exercise well let them know they are doing a good job, so they know to continue practicing the skill the correct way. Also if the patient is practicing a skill the wrong way, we could provide information on how to improve their skill. An example could be if the patient is practicing correct arm exercises every 4 hours. Inform the patient they're doing a good job performing their skills. If the client is performing arm exercises every 8 hours inform the patient, it may be more beneficial if they perform the skill every 4 hours rather than every eight hours.
 - c. Immediate feedback, including the patient, keeping them updated during their stay. Including information on their progress, are they on track or behind? An example could be updating the patient on their lab results within a reasonable timeframe. Which also helps to keep the patient from guessing or if there is something wrong, they should know about.

3. State at least 3 methods of teaching mentioned in the video.
 - a. Progress from known to unknown
 - b. Active participation
 - c. Simple to complex

4. Why are written materials recommended in teaching clients?
 - a. Allowing for the patient to refer back to the education. Many patients may forget what the nurse taught them before they were discharged. So, giving the patient written education while allowing them to look back on how they should take their medication. Whether it is an AM medication or AM and PM medication, should they eat something before taking their medication, are they allowed to break or crush the medication, and many more.

5. What types of tips should you remember when presenting data to a client?

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 101 - Foundations of Nursing

- a. Avoid being vague, however keep the data simple. Present data at the correct level for the client to understand while only providing information that is beneficial for the patient.
-
6. Which of the following does the video recommend when presenting numbers to our clients?
 - a. 5 in 100
 - b. 5%
 - c. Rare