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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. Patients being able to understand concepts about basic health and basing health/medical decisions off of 17.

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: keeping pt updated on their medical problem. Informing why they need to know
- b. Progress from known to unknown: make connections to concepts they already know. If pt has understanding about part of an illness and relate to a family member
- c. Active Participation: have pt and family members in learning process. More participation = more integration of info to their behavior. Practice new skills (ex: insulin)

connect previous experience to help ease new one

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. Pt can take home and review. Pts may forget material when leaving hospital and will be able to refer back to info on their own time

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

a. Be clear and direct. Avoid being vague and using jargon the pt doesn't know. Connect to pt and family so they are more comfortable. Use open-ended questions. Empathy to validate and understand them. Stay

6. Which of the following does the video recommend when presenting numbers to our clients?

- a. 5 in 100  
b. 5%  
c. Rare

Simple for an easier understanding