

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.

- Health literacy is an individual's ability to gain and then use knowledge to understand and manage 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. **Teaching from simple to complex can help prevent patients from feeling overwhelmed by the seriousness of their illness. To do this begin with a straightforward explanation, such as how their current symptoms are connected to their current illness.**

b. **When teaching a client, it's important to encourage them to practice their new skills to reinforce their understanding. For instance, they could apply a dressing to a wound. They can practice the technique while I provide feedback and correct any mistakes.**

c. **Teaching in a way that progresses from known to unknown allows patients to draw on their past experiences to better understand their new illness. For example, I can encourage them to remember how they recovered from covid, which they already know about, and relate it to their current condition.**

3. State at least 3 methods of teaching mentioned in the video.

a. **Written materials**

b. **One-on-One teaching**

c. **Internet resources**

4. Why are written materials recommended in teaching clients?

a. **Written materials are recommended when teaching clients because it can be used as a tool when they forget what they were taught, also as a reminder if they get a little confused. Most times the client will forget what they were taught so it would provide the client with an opportunity to comprehend the material.**

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5. What types of tips should you remember when presenting data to a client?
 - a. **When presenting data to a client I should remember to avoid medical jargon, try my best to keep the data as simple as possible and to the point so that the client can fully understand, teach at a 5th grade level.**

6. Which of the following does the video recommend when presenting numbers to our clients?
 - a. 5 in 100
 - b. 5%**
 - c. Rare