

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. Health literacy is the ability to understand and find health information to better 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. Progress from known to unknown. This principle is assessing what the client already knows and seeing what connections can be made to the current problem. An example would be someone whose parents struggled with hypertension while growing up and now as an adult they too have hypertension, they can make that connection and think back to what type of lifestyle their parents maintained.

 - b. Simple to complex. This principle is starting of with something simple that the is easier for client to understand and working up the levels to something more complex. An example would be to start talking about symptoms related to their current condition rather than bring out human anatomy that they probably aren't very familiar with.

 - c. Active participation. This principle explains how a client's engagement to the nurses teaching can help them better understand and retain information. An example would be to have client teach back what you have explain and actively ask question where they don't understand.

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. Written materials are recommended in teaching clients because they are like a reference back to what you told them during their appointments. A lot of the time they won't be able to remember everything you told them but having it written out to take home can help them revise and not be lose if they forgot something.

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5. What types of tips should you remember when presenting data to a client?
 - a. You should always avoid being vague and using medical jargon.

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