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Health Literacy Assessment

PHYT 854 Capstone Project

Movement and Memory

My Capstone project requires health literacy assessment for the following:

* Presentation to assisted living facility (ALF) staff regarding physical activity for residents with memory loss
* Survey to ALF staff regarding physical activity for residents with memory loss

After reviewing the Health Literacy Basic Concepts VoiceThread presented by Dr. Karen McCulloch,1 I have summarized the following key information to keep in mind while creating and revising my health information to share with ALF staff:

* ALF staff are certified nurse assistants (CNAs), medical technicians (med techs), activity coordinators, and other support personnel. Their educational levels vary from some high school education to completing a college degree. Some ALF staff speak English as a second language (ESL).
  + As a result of these factors that suggest that ALF staff may have low health literacy, I need to utilize the following recommendations from Dr. McCulloch in my presentation and survey:1
    - 4th-6th grade level sentences
    - Simple wording
    - Short sentences
    - Focus on key points
    - Minimize disease statistics, anatomy, and physiology
    - Consider cultural preferences

Survey

* In addition to utilizing Health Literacy Basic Concepts,1 my Capstone committee member Dr. Cherie Rosemond helped me to edit my survey for the audience of healthcare workers in an ALF.

Presentation

* Dr. McCulloch2 suggested that we consider various topics when deciding what type of presentation we choose to prepare for our audience. A number of logistical factors were assigned to me based on the setting of my presentation in an ALF and the recommendations of ALF administrators, including:
  + I will present two live presentations, one at 10am and one at 2pm. The two presentations will be identical and on the same day in order to increase availability to employees in the ALF.
  + The presentation will take place in the “library” with attendees seated at a round table. I will not have access to a projector, so I will not use PowerPoint. Instead, I will use a flipchart with prepared pages along with space for input from participants.
  + Advertisements for the presentation will be posted in the ALF for 2 weeks prior to the presentation, listing the following incentives:
    - Certification of Completing the in-service/presentation for all attendees
    - Refreshments provided
  + I have arranged for an occupational therapy student to volunteer in the Memory Care Unit during the 10am time of my presentation. This is typically a time when I volunteer in the Memory Care Unit and when residents in the Memory Care Unit are often more active. Having an additional volunteer may allow more staff to attend my presentation, and the volunteer will provide some assistance to possibly short-staff in the Memory Care Unit during the presentation.

References:

1. DeWalt D, Pignone M, McCulloch K. Health Literacy 101: Defining the Problem and What We Can Do About It. *UNC Chapel Hill Dep Med NC Progr Heal Lit*. 2008. Available at: https://unc.voicethread.com/?#q.b984634.i5249042. Accessed March 9, 2014.

2. McCulloch K. Creating Your Presentation. *Sakai*. 2014. Available at: https://sakai.unc.edu/portal/site/915977d8-ef83-45a9-a96c-46cfa4eff966/page/21f9a1ee-708b-4c01-9734-3011b46a228a. Accessed March 9, 2014.

3. CDC. CDC Clear Communication Index Score Sheet. *CDC*. 2013;(May):1–7. Available at: http://www.cdc.gov/healthliteracy/pdf/fillable-form-may-2013.pdf. Accessed March 9, 2014.

4. CDC. CDC Clear Communication Index. *CDC*. 2013;(May):1–33. Available at: http://www.cdc.gov/healthliteracy/pdf/clear-communication-user-guide.pdf. Accessed March 9, 2014.