*Health Literacy Assessment*

Health literacy is an important issue that will dictate how I develop and prepare my Capstone presentation in Guatemala. I will be presenting to the therapists, therapy students and other health care professionals at Las Obras Hospital. The main obstacle I face will be presenting in Spanish. I studied Spanish in undergraduate school and have taken Spanish for Health Professionals as an elective course during my third year of DPT school. I am confident that I will adequately prepare myself to deliver my presentation in Spanish. Speaking clearly, slowly and purposefully during my presentation will allow my audience to better understand me. Additionally, I will provide handouts and/or copies of my presentation to the audience in Spanish. I plan to have my final presentation completed in English by April 1. This should provide me with enough time to translate and practicing my presentation in Spanish.

While the education of the Guatemalan PTs are higher than the general public of Guatemala, I will prepare for the potential of health literacy inequalities between American and Guatemalan PTs. My presentation will be adjusted accordingly to a simplistic format and language. I will keep my presentation and handouts at a lower reading level complimented by images to facilitate greater comprehension and to reduce the risk of the audience misinterpreting my message. My presentation should possess an intuitive flow with less emphasis on specific statistics and more emphasis on simple wording and phrasing of general ideas. I am still developing a rough draft of the presentation and will continue to discuss with my advisor on the appropriateness of terminology.

Following my presentation, I will be directing a lab activity for the audience to participate in. The activity will give my audience the opportunity to demonstrate their understanding of the presented material. Additionally, I will be creating handouts for both therapists and patients to reference. My handout will primarily consist of common progressive closed-chain lower extremity exercises.

The next few weeks will be critical in my project development. I look forward to my advisor’s constructive feedback and assistance in developing appropriate materials. I will attempt to meet with Lisa once a week to discuss my progress. I am very much looking forward to this service trip to learn more about international PT, Guatemalan culture, and the opportunity to present in a foreign language.