

Brandon Surber
Health Literacy Component

For the health literacy component of our capstone project, my partner, Ryan Brooks, and I chose to use infographics to convey information that is digestible to both clinicians and patients. We created one infographic that is fairly “bare-bones” and does not include an overwhelming amount of information, therefore being aimed at patients. We also chose to utilize simple shapes to convey terminology such as lines for linear. We estimate this infographic matches a 7.5-8 grade level. The infographic explains the primary return to sport criteria as well as providing a very surface level overview of the progression through stages of on-field rehab. The second infographic is primarily aimed at clinicians as it includes much more detailed information related to the on-field rehab process and ACLR criteria, but it could likely also be utilized with patients as it gives a very good overview of the entirety of the ACLR return to sport process.

For my side of the project, I also created two versions of the same summary sheet so that one could be utilized with greater detail by clinicians and the other can be utilized by patients to understand the process. The documents have the same information, but slight changes have been made to make the wording more digestible for patients. Both patients and clinicians have access to the same sets of videos linked to the sheets.