

PRESENTED AT THE 2011 DNP CONFERENCE

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Abstract Category: DNP in Clinical Leadership

Title: Health Literacy: The Road to Improved Health Outcomes

Purpose: To improve health literacy in a rural primary care patient population.

Objective 1: At the end of this program, the participant will: be able to define health literacy.

Objective 2: At the end of this program, the participant will be able to discuss the problem of limited health literacy and its impact on health outcomes.

Objective 3: At the end of this program, the participant will be able to discuss various strategies to improve health literacy.

Abstract:

Although millions of Americans are able to navigate city streets, bus routes and malls, they do not necessarily have the skills to understand and utilize our health care system. Healthcare is increasingly complex and health literacy problems have increased with increased demands for patients to assume more self-care. Most health materials are written at higher levels than most adults can understand. Low formal education levels, older age, ethnicity, rural location and poverty are associated with increased rates of limited health literacy. Nearly one half of all American adults are unable to comprehend health information and make informed health decisions. Limited literacy impacts health behaviors, health decisions and ultimately health outcomes. This presentation will discuss the problem of limited health literacy and how it affects the care we deliver. The scope of the problem as well as some strategies for improving health literacy in your patient population to improve overall health and reduce health disparities will be discussed.