

Assessment of health literacy

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Objectives

At the end of this presentation the attendee will:

- be familiar with health literacy assessment instruments
- be able to implement health literacy assessments into practice
- be able to discuss the benefits and risks of assessing health literacy

Identifying patients with low health literacy

- Don't assume
- There are many free health literacy assessment tools available to you



Health literacy tool shed

- Over 100 health literacy assessment tools
- Collaborative project
- Sponsored by the United States National Libraries of Medicine
- <http://healthliteracy.bu.edu/all>

(National Libraries of Medicine, 2016)

Test of functional health literacy in adults (TOFHLA)

numeracy excerpt

Garfield, TM 16 Apr 93
 EF941858 Dr. LUBIN MICHAEL
 PENICILLIN VK
 250MG 40/0
 Take one tablet by mouth four
 Times a day



If you take your first tablet at 7:00 a.m. when should you take your next one?

And the next one after that?

What about the last one for the day, when should you take that one?

(Nurs, Parker, Williams & Baker, 2001)

TOFHLA

reading comprehension excerpt



Full test interpretation:
 0-59 = inadequate literacy
 60-74 = marginal literacy
 75-100 = adequate literacy

<http://www.peppercornbooks.com/>

Rapid estimate of adult literacy revised (REALM-R)

REALM-R WORD LIST

- Fat
- Flu
- Pill
- Allergic
- Jaundice
- Anemia
- Fatigue
- Directed
- Colitis
- Constipation
- Osteoporosis

Interpretation:
 The first 3 words are not scored
 < 6 = at risk for poor health literacy

(Bassi, Wilson, & Griffith, 2003)

Rapid estimate of adult literacy in medicine short form (REALM-SF)

REALM-SF Score Sheet

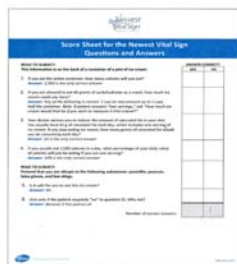
Patient ID# _____ Date _____ Examiner Initials: _____

- Behavior _____
- Exercise _____
- Menopause _____
- Rectal _____
- Antibiotic _____
- Anemia _____
- Jaundice _____
- TOTAL SCORE** _____

Interpretation:
 0 = 3rd grade and below
 1-3 = 4th-6th grade
 4-6 = 7th-8th grade
 7 = 9th grade or better

(Arozullah et al., 2007)

The newest vital sign (NVS)



(Wells et al., 2005)

INTERPRETATION OF THE NVS

RAW SCORE	Literacy skills
0-1	Suggests high likelihood (50% or more) of limited literacy
2-3	Indicates the possibility of limited literacy
4-6	Almost always indicates adequate literacy

Link:
https://www.pfizer.com/files/health/nvs_flipbook_english_final.pdf

Short assessment of health literacy for Spanish adults (SAHLSA-50)

Item	Key or Alternative	Item	Key or Alternative
1	1	26	26
2	2	27	27
3	3	28	28
4	4	29	29
5	5	30	30
6	6	31	31
7	7	32	32
8	8	33	33
9	9	34	34
10	10	35	35
11	11	36	36
12	12	37	37
13	13	38	38
14	14	39	39
15	15	40	40
16	16	41	41
17	17	42	42
18	18	43	43
19	19	44	44
20	20	45	45
21	21	46	46
22	22	47	47
23	23	48	48
24	24	49	49
25	25	50	50

A score of < 37 suggests limited health literacy

(Lee, Bender, Ruiz, R. E. & Cho, 2006)

Examples of SAHLSA-50

Abnormal Empleo
 diferente similar trabajo educación

Short assessment of health literacy- Spanish and English (SAHL-S&E)

The 18 items of SAHL-S, ordered according to item difficulty from difficult item and discussion are listed in the table (number order is in the table)

Item	Item in Spanish	Item in English	Item ID
1	...comprender	...understand	1
2	...entender	...understand	2
3	...entender	...understand	3
4	...entender	...understand	4
5	...entender	...understand	5
6	...entender	...understand	6
7	...entender	...understand	7
8	...entender	...understand	8
9	...entender	...understand	9
10	...entender	...understand	10
11	...entender	...understand	11
12	...entender	...understand	12
13	...entender	...understand	13
14	...entender	...understand	14
15	...entender	...understand	15
16	...entender	...understand	16
17	...entender	...understand	17
18	...entender	...understand	18

A score of < 14 suggests limited health literacy

(Shou-Yih, Stucky, Lee, Rozier, & Bender, 2010)

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8	...entender	...understand	8
9	...entender	...understand	9
10	...entender	...understand	10
11	...entender	...understand	11
12	...entender	...understand	12
13	...entender	...understand	13
14	...entender	...understand	14
15	...entender	...understand	15
16	...entender	...understand	16
17	...entender	...understand	17
18	...entender	...understand	18

A score of < 14 suggests limited health literacy

(Shou-Yih, Stucky, Lee, Rozier, & Bender, 2010)

3 item literacy screen

- How confident are you filling out medical forms by yourself?
- How often do you have someone help you read?
- How often do you have problems learning about your medical condition because of difficulty understanding written information?

(Chew et al., 2008)

Single item literacy screen (SILS)

How often do you need to have someone help you when you read instructions, pamphlets, or other written material from your doctor or pharmacy?

- 1- Never
- 2- Rarely
- 3- Sometimes
- 4- Often
- 5- Always

(Morris, MacLean, Chew, & Littenberg, 2006)

Single item health literacy screen in Spanish

Que' tan seguro(a) se siente al llenar formas usted solo(a)?

- 1- Completamente seguro(a)
- 2- Bastante seguro(a)
- 3- Algo seguro(a)
- 4- Un poco seguro(a)
- 5- Para nada

(Singh, Coyne, & Wallace, 2015)

Health literacy universal precautions

Consider that no patient will understand what you're talking about



Utilize the AHRQ health literacy universal toolkit
Link:

<http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/index.html>

The Triple Aim Initiative

- improving the patient experience
- improving the health of the population
- reducing the per capita cost of health care



Institute of Health Care Improvement, 2016)

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