

Comparing RN Health Literacy Estimation with Evidence-based Health Literacy Assessment of the Patient

Dale F Smith, MN, RN, CCRN
 Rose George RN, MSN, MSc
 Kaiser Permanente Northwest

Acknowledgement

- Nursing Leadership
- Mary Spiering
- Rose George
- Nancy Perrin

Background

- Targeted info for care transition
 - Less time
 - Larger numbers
 - Expected self care
- Patients expected to comprehend and use self care immediately
- Gap analysis targeted better understanding health literacy

Purpose

- Determine if significant difference between Nurses perceived health literacy and actual tested health literacy
- Determine whether or not the SILS correlates with the NVS.

Method

- Near mirror previous study done by Carolyn Dickens et al. "Nurse Overestimation of Patient's Health Literacy"
- Cross sectional, convenience
 - Med/Surg patients
 - Gender non-specific
 - Inclusion: 18 or older
- Nurse consent/interview/permission
- Patient consented/Interviewed/Tested
 - Demographics/SILS (Single Item Literacy Screener)
 - Newest Vital Sign tool
- 55 patients recruited

Nutrition Facts		1/2 cup
Serving Size		4
Servings per container		4
Amount per serving		
Calories	250	Fat Cal 120
		30%
Total Fat 13g		20%
Sat Fat 9g		40%
Cholesterol 28mg		12%
Sodium 55mg		2%
Total Carbohydrate 35g		12%
Dietary Fiber 2g		
Sugars 23g		
Protein 4g		8%

*Percentage Daily Values (DV) are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolk, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Caramelization, Vanilla Extract.

Score Sheet for the Newest Vital Sign Questions and Answers

Read to Patients: This information is on the back of a container of a pint of low-fat milk.

1. If you are allowed to eat 10 grams of carbohydrates as a snack, how much would that be?

Answers	10g	20g	30g	40g
Correct				
2. If you are allowed to eat 10 grams of carbohydrates as a snack, how much would that be?

Answers	10g	20g	30g	40g
Correct				
3. How much does a pint of low-fat milk weigh?

Answers	10g	20g	30g	40g
Correct				
4. If you could eat 100 calories in a day, what percentage of your daily value of cholesterol is that?

Answers	10%	20%	30%	40%
Correct				

Read to Patients: Review that you are able to do the following activities: parents, grandparents, and friends.

1. Is it safe for you to eat this ice cream?

Answers	Yes	No
Correct		
2. Ask only if the patient responds "no" to question 1. Why not?

Answers	It's too much	It's too fat	It's too sweet	It's too salty	It's too cold
Correct					

Score of 0-10

Results

- Nurses underestimated health literacy
 - Kappa 0.72
- Patients overestimated their own health literacy
 - Weak association between NVS and SILS
 - Spearman Correlation .175, $p=2.02$
- Not Statistically Significant
 - Women scored higher than men
 - Health Literacy declines with age
 - More educated were more health literate

Conclusion

- Study completed after 6 months
 - Stalled data gathering
 - Identified same nurses being interviewed

Next Steps

- Gather a team of experts to review the results
- Repeat the study asking the nurses their confidence in assessing patient's health literacy using a Likert Scale.

Questions?