Bridging the Knowledge Gap to Better Kidney Care

Importance of Health Literacy

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Disclosures

• No disclosures to declare
Presentation Outline

EXAMINE HEALTH LITERACY

IMPLICATIONS FOR PEOPLE WITH CKD, KIDNEY HEALTHCARE PROFESSIONALS AND HEALTHCARE SERVICES
What is NOT Health Literacy?

Health literacy is not simply having functional skills such as

• Reading a brochure about a health problem & treatment options
• Watching a DVD, You-tube, etc
• Information on web-sites
WHO – Health Literacy

“the cognitive and social skills which determine the motivation and ability of individuals to gain access to, understand and use information in ways which promote and maintain good health” (WHO, 1998)
Current Understanding of Health Literacy

Evolution of health literacy status from seen as “fixed” to contextually-driven “fluid” state.
Health Literacy is a multidimensional concept

Used globally to understand health literacy\(^1\)

- **Functional**: basic skills in reading, writing and numeracy
- **Communicative**: social skills that allow active 2-way participation in healthcare
- **Critical**: the ability to critically analyse and use information to participate in one’s health

Health literacy helps people to….

• Understand risk and benefits of treatments
• Communicate with healthcare providers
  • describe their symptoms, ask questions, understand instructions
• Appraise health information from various sources
• MAKE DECISIONS
• ADHERE TO TREATMENT REGIMENS
Assessment of Health Literacy

Functional

• Rapid Estimate of Adult Literacy in Medicine (REALM)
• Test of Functional Health Literacy in Adults (TOFHLA)
• Newest Vital Sign (NVS)

The ability to read is not a measure of comprehension, nor is it the ability to evaluate the information that is obtained\(^1\)

1. Lloyd et al, Librarianship Information Science 2014; 46(3):207-216
<table>
<thead>
<tr>
<th>HEALTH LITERACY QUESTIONNAIRE (HLQ)</th>
<th>Norway(^1) Mean [95% CI]</th>
<th>Australia(^2) Mean [95% CI]</th>
<th>Vietnam(^3) Mean [95% CI]</th>
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<tr>
<td><strong>Range 1 (lowest) – 4 (highest)</strong></td>
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<tr>
<td>1. Feel understood and supported by healthcare provider</td>
<td>3.19 [3.12, 3.27]</td>
<td>3.27 [3.15, 3.39]</td>
<td>2.56 [2.52, 2.61]</td>
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<td>2. Having sufficient information</td>
<td>2.92 [2.85, 3.01]</td>
<td>3.09 [2.98, 3.20]</td>
<td>2.72 [2.67, 2.77]</td>
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<td>3. Actively managing health</td>
<td>2.94 [2.87, 3.02]</td>
<td>2.92 [2.82, 3.02]</td>
<td>2.95 [2.91, 3.00]</td>
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<td>5. Appraise health information</td>
<td>2.56 [2.48, 2.63]</td>
<td>2.79 [2.68, 2.90]</td>
<td>2.62 [2.57, 2.66]</td>
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<td><strong>Range 1 (lowest) – 5 (highest)</strong></td>
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The Health Literacy Gap

Individual Skills & Abilities

Complexity & Demands of Health and the Healthcare System
Individual’s health literacy: Skills and knowledge of a person to access, understand and use information to make decisions, and take actions about their health and healthcare.

Health literacy environment: The way healthcare services are provided, and the things that make it easier or harder for people to access, understand, and use information and services – taking a ‘universal precautions’ approach.
COMMENTARY

Nothing about me without me: why an EU health literacy strategy embracing the role of citizens and patients is essential

Alexander Roediger1, Kaisa Immonen-Charalambous2, Mi:

Received: 30 April 2021 | Revised: 5 July 2021 | Accepted: 8 July 2021

DOI: 10.1111/prc.12395

Abstract

As a multi-faceted concept, health literacy concerns the capacity of individuals to obtain and process information concerning their health in a modern society, starting with basic skills and extending to the ability to engage in health-related decision-making. Health literacy in Europe was recognised by the European Council most recently by the OECD. However, a strategic approach to improving health literacy is needed. This commentary advocates for an EU strategy on health literacy that reflects the needs of citizens and patients with professional and decision-makers in health care.

Keywords: Health literacy, Citizens, Patients, Organisations.

ORIGINAL RESEARCH

Healthcare systems and professionals are key to improving health literacy in chronic kidney disease

Ha T. Dinh PhD, RN1,2 | Nguyet T. Nguyen PhD, RN3 | Ann Bonner Prof, PhD2,4
Global Policies and Initiatives

Improving health literacy

“Health literacy implies the achievement of a level of knowledge, personal skills and confidence to take action to improve personal and community health by changing personal lifestyles and living conditions. Thus, health literacy means more than being able to read pamphlets and make appointments. By improving people’s access to health information, and their capacity to use it effectively, health literacy is critical to empowerment.” Health Promotion Glossary, 1998.
PERSONAL HEALTH LITERACY

Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others. Changes from the previous definition include (1) an emphasis on the use of health information and services, (2) a shift from appropriate decisions to informed decisions and actions, and (3) inclusion of a public health perspective whereby personal health literacy can be used to promote the health of others.

ORGANIZATIONAL HEALTH LITERACY

The adoption of a definition for organizational health literacy signals that personal health literacy is contextual and that organizations play a critical role by making health information and services easy to understand and access. The definition also points out that organizations must be equitable in how they address health literacy.

EVOLUTION OF THE DEFINITION OF HEALTH LITERACY

The HP2030 definition of health literacy solely focused on the individual’s capacity to comprehend basic health information. HP 2030 expands the definition to include a focus on both personal and organizational health literacy, recognizing health literacy in a systems context with interventions at all levels.
Shifting the Paradigm

Paradigm shift from focusing on health literacy as a kidney patient’s problem to

*The way healthcare organisations and kidney healthcare professionals use the principles of health literacy in every encounter with patients*

Kidney healthcare becomes person-centred rather than disease-centred
IT’S TIME TO TAKE ACTION

• Being able to assess, understand and use health information related to CKD and its treatment is a right of patients and caregivers worldwide.

• Kidney healthcare providers and patient organisations need to offer health information and education which is accessible and understandable for varying levels of health literacy.

• Kidney organisations should work toward shifting the patient-deficit health literacy narrative to that of being the responsibility of healthcare providers and health policy makers.

• For kidney policy makers, health literacy provides the imperative to shift organizations to a culture that places the person at the centre of health care.

• Social media can be effective in providing health information although best evidence health literacy strategies should be used so that information is accessible to all.

• Improving the quality of communication by kidney healthcare providers will better support patients and caregivers.