

# Bridging the Knowledge Gap to Better Kidney Care

## Importance of Health Literacy

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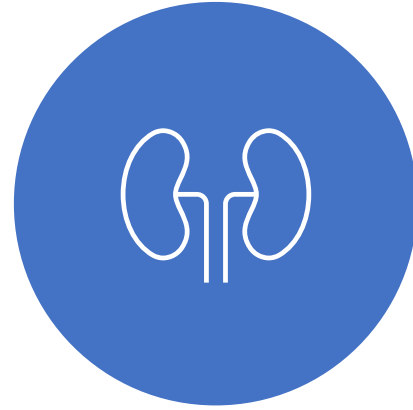
# Disclosures

- No disclosures to declare

# Presentation Outline



EXAMINE HEALTH LITERACY



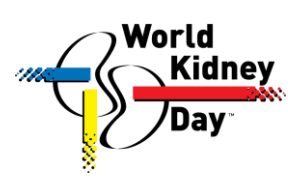
IMPLICATIONS FOR PEOPLE WITH CKD,  
KIDNEY HEALTHCARE PROFESSIONALS  
AND HEALTHCARE SERVICES

# 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

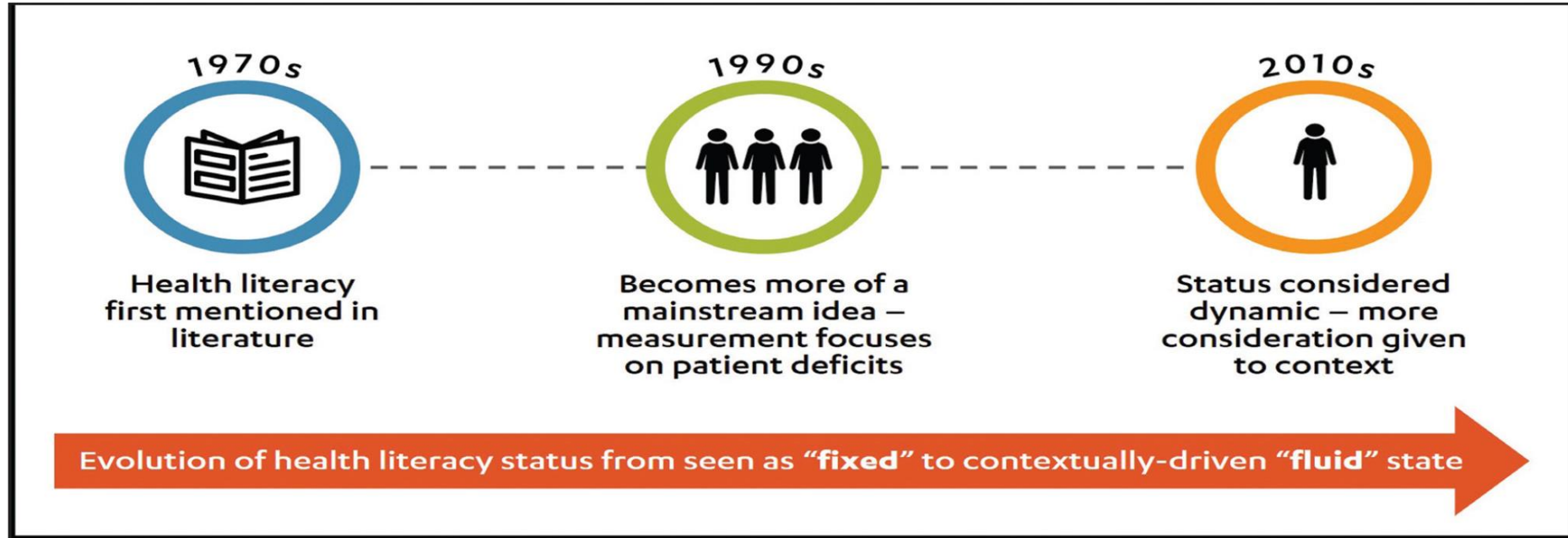




## WHO – Health Literacy

*“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



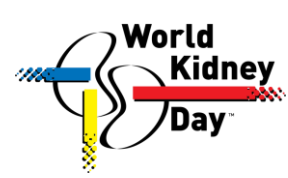


# Health Literacy is a multidimensional concept

Used globally to understand health literacy<sup>1</sup>

- **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

1. Nutbeam. Soc Sci Med 2008; 67:2072–2078.



## 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 (REALM)
- Test of Adult Literacy in
- Test 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<sup>1</sup>

1. Lloyd et al, Librarianship Information Science 2014; 46(3):207-216

Nephrol Dial Transplant (2018) 33: 1545–1558  
doi: 10.1093/ndt/gfx293  
Advance Access publication 20 November 2017



Health literacy and patient outcomes in chronic kidney disease:  
a systematic review

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- PROM  
- Multi-languages

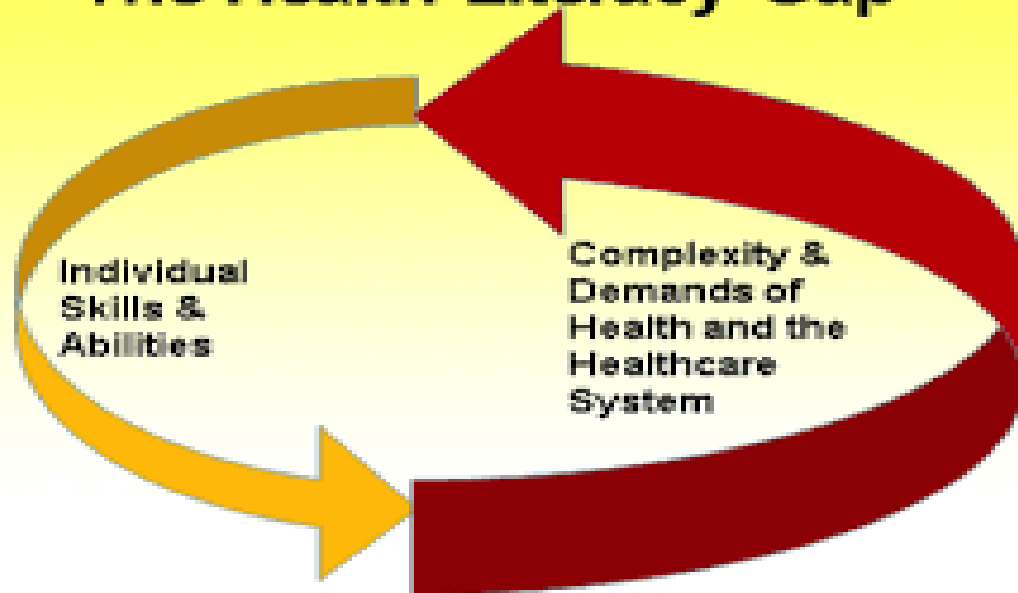
<b>HEALTH LITERACY QUESTIONNAIRE (HLQ)</b>	<b>Norway<sup>1</sup> Mean [95% CI]</b>	<b>Australia<sup>2</sup> Mean [95% CI]</b>	<b>Vietnam<sup>3</sup> Mean [95% CI]</b>
<i>Range 1 (lowest) – 4 (highest)</i>			
<b>1. Feel understood and supported by healthcare provider</b>	3.19 [3.12, 3.27]	3.27 [3.15,3.39]	↓ 2.56 [2.52, 2.61]
<b>2. Having sufficient information</b>	2.92 [2.85, 3.01]	3.09 [2.98, 3.20]	↓ 2.72 [2.67, 2.77]
<b>3. Actively managing health</b>	2.94 [2.87, 3.02]	2.92 [2.82, 3.02]	2.95 [2.91, 3.00]
<b>4. Social support for health</b>	3.02 [2.94, 3.10]	3.19 [3.08, 3.20]	3.15 [3.11, 3.19]
<b>5. Appraise health information</b>	2.56 [2.48, 2.63]	2.79 [2.68, 2.90]	2.62 [2.57, 2.66]
<i>Range 1 (lowest) – 5 (highest)</i>			
<b>6. Ability to actively engage with healthcare providers</b>	3.83 [3.74, 3.93]	4.12 [3.91, 4.16]	↓ 3.70 [3.64, 3.76]
<b>7. Ability to navigate the healthcare system</b>	3.51 [3.42, 3.60]	4.03 [3.91, 4.16]	3.66 [3.60, 3.71]
<b>8. Ability to find good health information</b>	3.42 [3.33, 3.51]	3.96 [3.83, 4.09]	↓ 3.31 [3.24, 3.38]
<b>9. Ability to understand health information well enough to know what to do</b>	3.71 [3.63, 3.80]	4.02 [3.87, 4.17]	↓↓ 3.33 [3.26, 3.41]

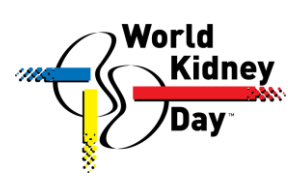
<sup>1</sup>Stromer et al Nurs Open, 2019; 6:1481-1490.

<sup>2</sup>Dodson et al J Hlth Comm, 2016; 21:91-98.

<sup>3</sup>Dinh et al J Renal Care, 2022.

## The Health Literacy Gap





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

Open Access

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



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## Abstract



As a multi-faceted concept, health literacy concerns the ci health in a modern society, starting with basic skills and enc health literacy in Europe was recognised by the European C most recently by the OECD. However, a strategic approach This commentary advocates for an EU strategy on health liti and patients with professionals and decision-makers in heal

**Keywords:** Health literacy, Citizens, Patients, Organisations, :

## ORIGINAL RESEARCH

Journal of  
**Renal Care**  WILEY

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

Ha T. T. Dinh PhD, RN<sup>1,2</sup>  | Nguyet T. Nguyen PhD, RN<sup>3</sup> | Ann Bonner Prof, PhD<sup>2,4</sup> 



# Global Policies and Initiatives



[Home](#) / [Activities](#) / [Improving health literacy](#)



Health and Human Services

"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.

[Improved outcomes](#)

# UPDATING HEALTH LITERACY FOR HEALTHY PEOPLE 2030

Defining Its Importance for a New Decade in Public Health

For the first time in 20 years, and with the launch of Healthy People 2030 (HP2030), the Healthy People initiative has expanded its definition of health literacy.

## EVOLUTION OF THE DEFINITION OF HEALTH LITERACY



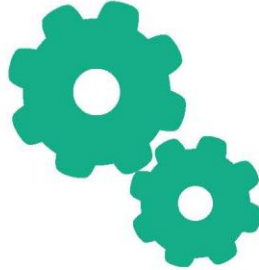
The HP2010 definition of health literacy solely focused on the individual's capacity to comprehend basic health information. HP 2030 expands the definition to include a focus on both personal and organizational health literacy, recognizing health literacy in a systems context with interventions at all levels.

## 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.



## BENEFITS OF BOTH PERSONAL AND ORGANIZATIONAL HEALTH LITERACY

The HP2030's updated health literacy definition builds on Healthy People's previous health literacy contributions to public health. Both personal and organizational health literacy can have a powerful effect on an individual's health. It can make the difference in understanding a diagnosis, treatment, or recommended lifestyle changes to lead active, healthy lives.



Source: Stephanie Santana, Cindy Brach, Linda Harris, Emmeline Ochiai, Carter Blakey, Frances Bavington, Duhanika Kleinman, Nich Phoenix. Updating Health Literacy for Healthy People 2030. *Public Health Monograph Print*. Published ahead of print, Mar. 12, 2021. doi: 10.1093/PHH/00000000000001324

**JPHMP** Direct

The companion site of the *Journal of Public Health Management and Practice*



# 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.