

Concurrent Session Selection Guide

1st Choice

2nd Choice

Concurrent Session 1:

ABC's of Health Literacy:

- Define health literacy
- Discuss the scope of the health literacy problem
- Discuss how it impacts health outcomes
- Identify tools and skills to make your practice patient-friendly.

Designing a Safer, Shame-free Health Care Environment

- How ineffective communication and low health literacy combine to affect patient safety
- Where to find tools to decrease communication-related adverse events
- Which changes you can initiate to make a safer and more shame-free environment

Concurrent Session 2:

Health Literacy and Medication Management Across the Lifespan

- To discuss the evidence on how health literacy affects medication management in both children and older adults.
- Discuss the association between limited health literacy and misunderstanding of prescription labels, medication adherence and mortality.
- Review the skills necessary for medication management that are challenging for patients with limited health literacy.
- Provide practical strategies to help obtain a complete medication history.
- List ten strategies to enhance clear communication on medication management and design a counseling session using the "teach-back" method.

Using Visual Learning Tools for Health Education: A Focus On Blood Pressure Management

- Describe blood pressure and hypertension control factors related to literacy in Mexican Americans.
- Discuss the role of literacy with blood pressure management
- Describe factors effecting health literacy needed to management hypertension
- Discuss specific strategies to increase management of hypertension.

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Concurrent Session 3:

Patient-Centered Medical Home and Health Care Reform

Substance Abuse/HIV/Hepatitis Prevention for Adults Reentering the Community (Project SPARC): Methods for Improving Knowledge and Health Literacy

- Project SPARC (Substance Abuse/HIV/Hepatitis Prevention for Adults Reentering the Community) presented classes on substance abuse, HIV, and hepatitis prevention to people involved in both the drug courts and inpatient treatment centers. This presentation will discuss the integrated, evidence-based curriculum along with the teaching methods utilized, including the use of visual aids, metaphors, colloquial terms, role-playing, movies, humor, and other techniques. Significant findings from a pre- and post- HIV and hepatitis knowledge test will be discussed.

Concurrent Session 4:

Rethinking Health Literacy

- Increase knowledge of literacy in general, its history and meaning
- Achieve a greater understanding of the high level of literacy demanded by health literacy
- Learn new sources for low literacy patient education materials
- Gain a more positive attitude toward the need for ongoing patient education

Best Food FITS!: Relaying Simple Health Messages to Prevent Childhood Obesity

- Articulate the extent and severity of the pediatric obesity crisis.
- Explain how early feeding practices may shape lifelong dietary practices.
- Identify evidence based strategies to combat pediatric obesity.
- Identify how health literacy must be of primary consideration in a community intervention to change feeding practices of infants and toddlers.