

Empowering Your Community

Using Health Literacy to Help Patients
Become Their Own Health Advocate

Jessica Daly, B.S.Ed., MLS

Faculty Librarian / Assistant Professor



Advent Health
UNIVERSITY



Who is Jessica Daly?



**VIRTUAL EVENT:
HIGH BLOOD PRESSURE**
ZOOM-ONLINE
WEDNESDAY, APRIL 6, 11 A.M.

Join Jessica Daly, Faculty Librarian and Assistant Professor with AdventHealth University, as she discusses the causes of high blood pressure, how to prevent it and how to treat it when diagnosed. Registration required.

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OCLS.INFO | 407.835.7323

LEARN. GROW. CONNECT.



FLA PROFESSIONAL DEVELOPMENT COMMITTEE

- IMPROVING HEALTH LITERACY
- COMPASSION FATIGUE

Health & Wellness Webinar Series

THURSDAY, FEBRUARY 24, 2-3PM (EST)

THURSDAY, MARCH 3, 2-3PM (EST)

PRESENTED BY JESSICA DALY, B.S.ED., MLS

Seminole County Leisure Services Department | SEMINOLE COUNTY PUBLIC LIBRARY

TALKING TO YOUR DOCTOR

FRIDAY, APRIL 8TH
10:30 - 11:30 A.M.

Learn how to interact with doctors and be a better advocate for your own health in this presentation by Jessica Daly, Faculty Librarian/Assistant Professor at AdventHealth.

FREE. For Adults. Meets In-person. No Registration.

Health Happens @ the Library

North Branch Library
1504 Alachua Avenue, Suite 1100 | 32711
For more information, call 407.835.7323
Visit our online calendar at <http://www.oclibrary.org>



2022 ANNUAL MEETING

"A NEW VISION"

Join us Virtually
March 24-25

FHSLA
FLORIDA HEALTH SCIENCES LIBRARY ASSOCIATION

#FHSLA2022

What is 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.



Risks of Low Health Literacy

patients with low
HEALTH LITERACY...



Are more likely to visit an
EMERGENCY ROOM



Have more
HOSPITAL STAYS



Are less likely to follow
TREATMENT PLANS



Have higher
MORTALITY RATES

www.cdc.gov/phpr



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What is Strong Health Literacy?



01

Understanding your diagnosis

02

Understanding your medications

03

Understanding your treatments

04

Understanding your self-care

05

Understanding your risks and benefits

06

Understanding how to communicate with your healthcare team



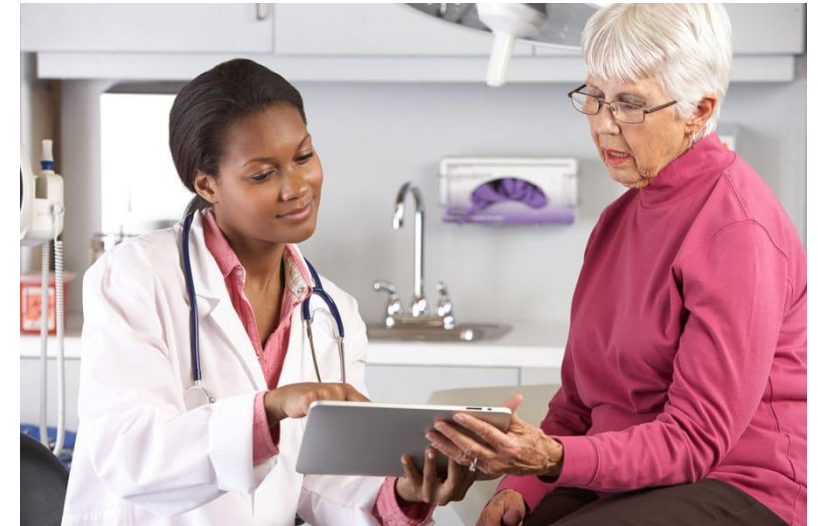
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A photograph of a library or computer lab. In the foreground, a woman with dark dreadlocks and glasses is focused on her laptop. Behind her, a man in a blue sweater is also working at a computer. In the background, a woman with blonde hair is looking at a book. The room is filled with bookshelves and computer workstations.

How Can a Library Patron Become Their Own Patient Advocate?

Be Inquisitive and Ready to Learn

- Make a list of your questions
- Share your concerns and fears
- Share information you have found with your physician
- Take notes or record conversations with your physician
- Take notes or record self-care directions
- Take notes or record medication directions
- Ask how you can contact your medical team



Understand Your Health Insurance

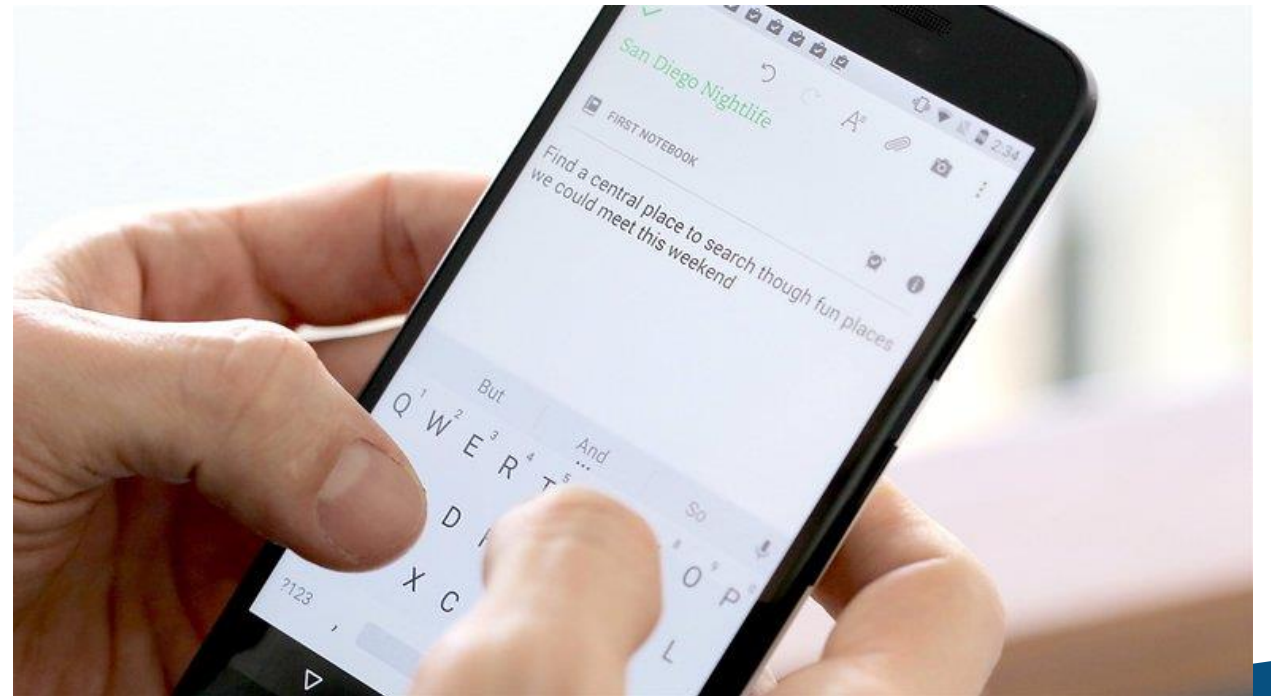
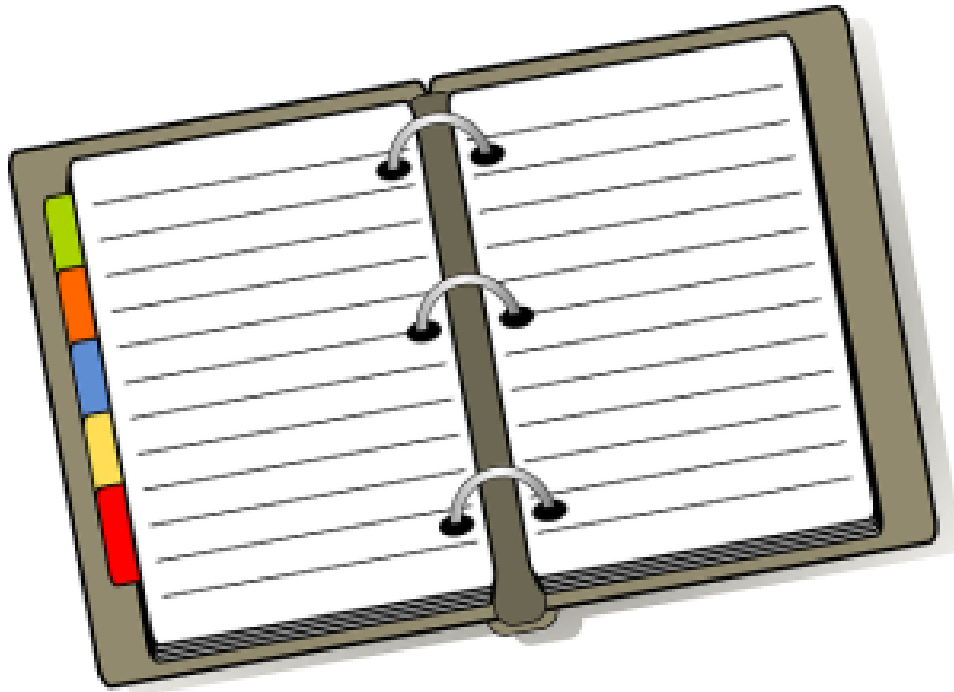
- Read through your information and call your insurance company if you have questions. There is often a lot to learn, so take your time, make notes and persist until you feel you have a handle on the information.





Ask Anyone Questions

Keep Personal Notes/Records



Ask For a Second Opinion





Discuss Your Concerns/Fears

Know Your Risks & How to Manage Them

- The more risk factors you have—such as smoking, high blood pressure, or diabetes—the greater your risk.
- Exercise and a healthy diet, on the other hand, can make your chance of developing heart disease lower than for most other people.
- Know the risks and what to do in order to control or reduce them.





Understand Your Treatment Plan

- When you start to talk about treatment options, it's very important that you:
- Know all treatment options
- Talk about the details of each treatment option with your cancer care team
- Learn as much as you can and understand the information being given to you
- Are a partner with your doctor in making treatment decisions and planning your care

Discuss Your Medications

- What is the name of the medicine?
- Is this the brand or generic name?
- What is the medicine supposed to do?
- How and when do I take it, and for how long?
- What is one dose?
- Should I take it with food or on an empty stomach?
- What foods, drinks, other medicines or activities should I avoid while taking this medicine?
- What happens if I miss a dose of my medicine?
- How often will I have to get the medication refilled?
- How will I know that my medication is working?
- What are the risks of taking this medication?
- What are the risks of NOT taking this medication?
- Are there less expensive medications for my condition?



Bring Someone With You





Where to Find Trustworthy Information

- MedlinePlus.gov
- The Mayo Clinic
- The Cleveland Clinic
- National Health Associations
 - (American Heart Association)
- NIH (National Institute of Health)
- CDC (Centers for Disease Control)

#1 Referred Website



NLM National Library of Medicine

 **MedlinePlus**
Trusted Health Information for You

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Find information on health, wellness, disorders and conditions

 **Drugs & Supplements**
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

 **Genetics**
Explore genetic conditions, genes, and more

 **Medical Tests**
Learn why your doctor orders medical tests and what the

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Numbness and tingling are abnormal sensations that can occur anywhere in your

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FREE Patient Health Research

The Clifford E. Graese Community Health Library

- For more information about Library Services, please call 321.841.5454 or email library@orlandohealth.com.

Resources Used

- [MedlinePlus - Health Information from the National Library of Medicine](#)
- [National Institutes of Health \(NIH\) | Turning Discovery Into Health](#)
- [Centers for Disease Control and Prevention \(cdc.gov\)](#)
- [American Heart Association | To be a relentless force for a world of longer, healthier lives](#)
- [American Cancer Society | Information and Resources about for Cancer: Breast, Colon, Lung, Prostate, Skin](#)



Any Questions?

