



THE ROLE OF THE LIBRARIAN IN THE CREATION OF LOW LITERACY PATIENT EDUCATIONS HANDOUTS

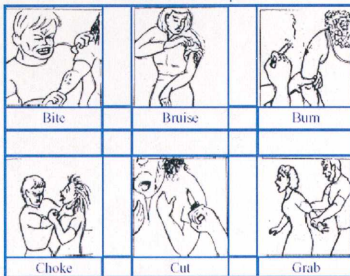


Health-grafix

While putting together violence prevention materials, the Patient Education Specialist discovered a lack of suitable clip art available on the World Wide Web. As a result, she created **Health-grafix**, home of specialized, hard-to-find health care graphics. This growing collection of clip art includes a section of hand-drawn images designed to illustrate violence prevention. Subsequently other hard-to-find images have been added. For more information, contact Shirin F. Pestonjee at SPesto@parknet.pmh.org.

Section 1

Violence Prevention Graphics

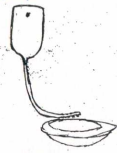


Section 2

Miscellaneous items, actions, concepts



Breast pump



Sitz bath tub

<http://www.health-grafix.com/>

Role of the Committee

Parkland Memorial Hospital in Dallas has a low literacy population. This was documented in two studies of patient literacy conducted by the hospital's House-wide Patient/Family Education Committee (HP/FEC) in 1984 and 1998. Most patient education materials are written at a much higher grade level (10th grade and above) than can be read or comprehended by the majority of the hospital's patients. For over 15 years, HP/FEC has guided the creation of hospital materials for patients with low literacy skills, as well as translating those materials into Spanish. The goal of the committee is to produce material written at no higher than the 4th grade reading level.

Role of the Librarian

HP/FEC was originally composed of representation from each health care discipline involved in teaching patients. UT Southwestern Medical Center Library approached the chair about library representation on the committee. This was the beginning of a partnership that has proven valuable on both sides. The librarian gains contacts within the hospital and is seen as a resource for answering reference questions. She or he makes important contributions to Parkland Hospital's patient education effort, not only by locating sources of patient education material, but also by participating in the creation of in-house, low literacy handouts. The librarian's role on the committee includes the following:

- Conduct literature searches
- Give guidance on copyright issues
- Assist in the reviewing and editing of materials submitted to the Committee
- Offer insight into areas that need clarification in order to be understood by laypeople

Vocabulary For Patients With Low Literacy Skills

Jaundice	A yellow color to your skin and eyes
Fatigue	Tiredness
Agitation	Nervousness
Hallucinations	See or hear things that are not there
Anorexia	Lack of appetite
Chemotherapy agent	Cancer drug/medicine
Edema	Swelling
Urinary urgency	A strong, sudden need to urinate (pee) right away
Poultry	Chicken and turkey
Legumes	Beans
Dairy	Milk, cheese, ice cream

Optimal Low Literacy Patient Education Materials

- ⇒ Written at a 4th grade reading level
- ⇒ Large print - easy to see and read
- ⇒ Lots of white space to frame the print
- ⇒ Short, simple words
- ⇒ Essential information clearly presented
- ⇒ Simple black and white line drawings
- ⇒ Written in the patient's own language (available in English and Spanish)

Healthy Eating Tips

Drink 8 glasses of water every day, unless you have been told to limit your fluid intake.

Eat at least 5 fruits and vegetables every day.

Choose whole wheat breads and bran cereals.

Choose "unprocessed" lean meats, poultry, and fish.

Choose low-fat milk, cheese, and yogurt.

Cut down on eating out, especially fast foods.

DRAFT

Consejos Alimenticios Saludables

• Tome 8 vasos de agua todos los días, a menos que ud le indique

Healthy Eating Tips

- Drink 8 glasses of water every day, unless your health care provider has told you to drink less.
- Eat at least 5 fruits and vegetables every day.
- Choose whole wheat breads and bran cereals.
- Choose "unprocessed" (with no salt added) lean meats, chicken, turkey, and fish.
- Choose low-fat milk, cheese, and yogurt.
- Eat out less often, especially fast food.



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