

# What Did the Nurse Say?

Nursing Students at the HeLM:

A Study of the Effect of a Health Literacy Module (HeLM) on the Health Literacy Knowledge, Attitudes and Skills of Pre-Licensure Baccalaureate Nursing Students

Joy G. Borrero, RN, PhD

## ABSTRACT

**Abstract:** Effective communication is a foundation of high-quality, patient-centered health care. Understanding health literacy is an essential attribute that health care professionals need to possess in order to promote effective partnerships with patients and their significant others. Nurses, especially, need to be involved in addressing the epidemic problem of low health literacy in the United States because they are responsible for the majority of patient, caregiver and community health education and communication. Nurses play a key role in providing health care information to individuals, families and groups in a variety of settings and therefore should be educated about the essentials of health literacy, its prevalence in society and its relationship to health outcomes. There are currently no standards for including health literacy training in the undergraduate nursing curriculum. Results of the quantitative study will be presented.

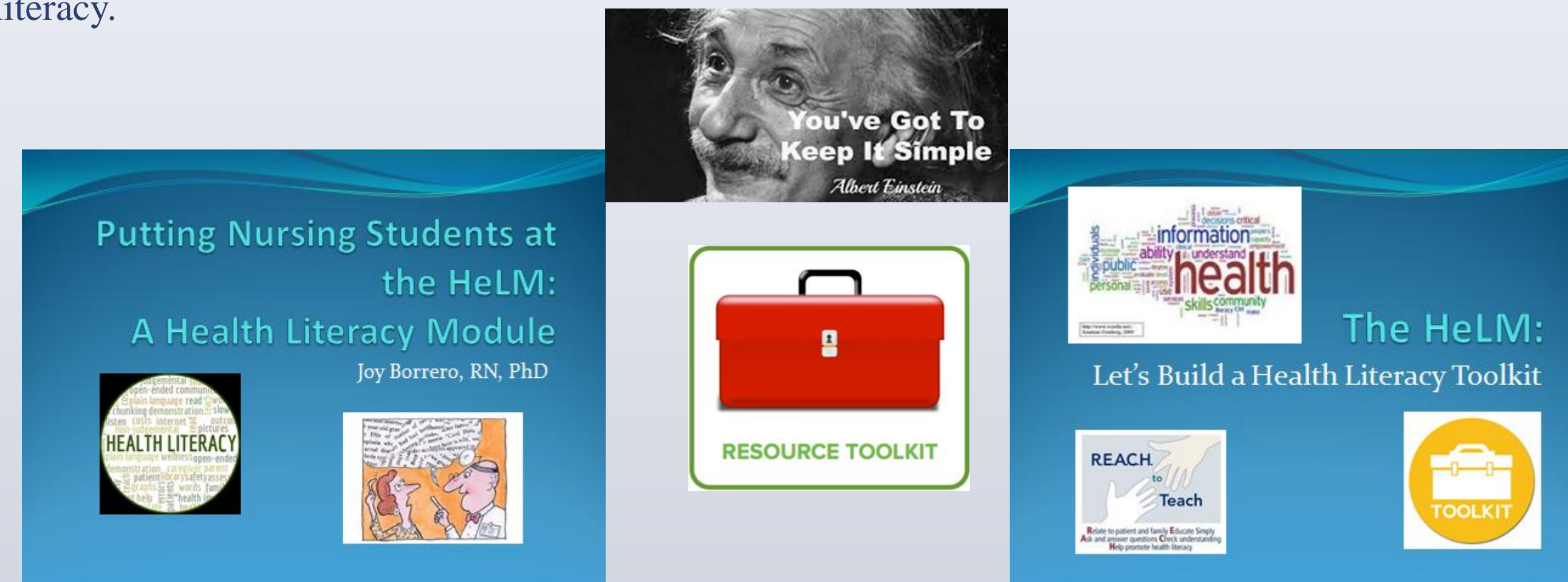


## PURPOSE OF THE STUDY

**Purpose:** The purpose of this study was to evaluate the effectiveness of the Borrero Health Literacy Module (HeLM) on health literacy knowledge, attitudes and skills of pre-licensure nursing students using a pretest and posttest approach

## MATERIALS & METHODS

**Method:** Pre-licensure baccalaureate nursing students (n=180) were invited to participate in this quasi-experimental study, which consisted of a 2 hour classroom session. Students completed the health literacy questionnaire: The Health Literacy Knowledge and Experience Survey (HL-KES) as both a pretest and a post test. The classroom session included the components of the HeLM which was designed by the researcher and validated by two experts in the field of higher education and health literacy.



## FINDINGS

**Findings:** The results of the HL-KES pretest and post-test analyses showed statistical significant differences in the average literacy score change of +4.97, the 5-unit difference is statistically significant (p<.001) at the .1 level of significance. The questions of the HL-KES were grouped according to five content areas, and the statistical analysis of the pre-test and post-test scores resulted in statistically significant differences in each content area.

Statistical analysis supports that the Borrero HeLM made a statistically significant difference in the health literacy knowledge, skills and attitudes of nursing students who participated in this study.



## CONCLUSIONS

The importance of having health literacy knowledge, skills and awareness has been supported through a review of the literature. It is necessary for nurse educators to prepare future nurses that are competent in effective patient education and evaluation. An education module, such as the Borrero HeLM has been shown to be effective in teaching nursing students the health literacy skills, knowledge and awareness that can be used in patient encounters. This study supports the effectiveness of a health literacy education module on nursing students' knowledge, skills and attitudes in this area.

This study suggests that participation in a health literacy education module can be an effective technique to improve health literacy knowledge, skills and awareness in the nursing classroom.

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## CONTACT INFORMATION

Joy G. Borrero, RN, PhD  
Academic Chair, Michael J. Grant Campus  
Suffolk County Community College  
Brentwood, New York 11717  
[borrerj@sunysoffolk.edu](mailto:borrerj@sunysoffolk.edu)



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