

# LOW LITERACY BREAST CANCER EDUCATIONAL MODULE: A COLLABORATIVE PROJECT



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## Introduction

- Each year 250,000 women are diagnosed with breast cancer (U.S. Breast Cancer Statistics, 2017). One in eight women develop breast cancer in her lifetime (U.S. Breast Cancer Statistics, 2017).
- Only a small percentage will understand the medical information given to them during their diagnosis.
- The U.S Department of Health and Human Services maintains only 12% of adults are competent in health literacy (2017).
- Health literacy is defined as “the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions” (U. S Department of Health and Human Services, 2017).
- How can health care providers deliver information to patients in a way that is easy to understand?



## Materials and Methods

An extensive literature review was performed to evaluate:

- Health Literacy and Patient Care
- Literacy Levels
- Treatment Decision Making
- Patient Education
- Informational Tools
- Decision Aids
- Plain Language
- Clear Communication Index
- Health Literacy Interventions
- Educational Videos

Participants included a convenience sample of health care providers

An educational video on breast cancer staging composed in English and Spanish with a script written on a fourth grade reading level

An online qualtrics survey

## Results

The results of this study was the creation of an educational video with a low literacy script for teaching breast cancer patients about the staging process.

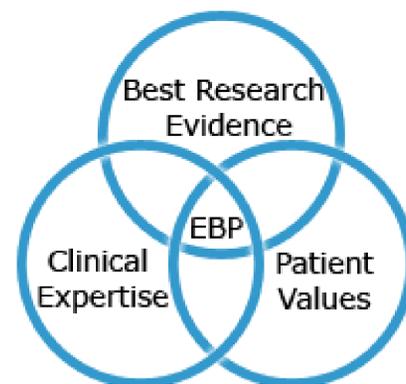
The video was rated on quality in three areas: literacy level, information included, and audio quality.

- Overall satisfaction and how likely participants were to recommend the video to a colleague were evaluated.
- The video was rated high for satisfaction
- Rated highly unlikely to be shared with a colleague
- Duration of the video was found appropriate
- Information was seen as very relevant



This project was completed in a series of steps.

1. A need for educational materials on breast cancer staging for low literacy patients was established by evaluating multiple patients that were recently diagnosed with breast cancer for low literacy levels. This was performed through informal conversations and documentations.
2. Next an extensive research was performed through literature review.
3. A teaching plan was created with a goal of educating low literacy patients diagnosed with breast cancer about cancer staging.
4. The CDC's Clear Communication Index was reviewed and evaluation tools to determine literacy levels were researched.
5. A script for an educational video explaining breast cancer staging was written and evaluated. It was determined to have a fourth grade reading level using literacy evaluation tools including Flesch Reading Ease, Gunning Fog, SMOG Index, and Flesch-Kincaid Reading Level.
6. An educational video was created with the help of three senior Associate Degree of Nursing students from a local community college. Visual aids were used during the role play video. At the end of the video, a series of slides explain the TNM staging process.
7. A qualtrics survey was created and links to the educational video were sent out via email for evaluation and feedback.



## Conclusions

- Breast Cancer rates in the United States continue to be elevated.
- The use of informational tools and plain language can improve health literacy among patients diagnosed with breast cancer.
- Improved health literacy allows patients to make more decisions regarding care and treatment options.



## Literature cited

- U.S. Department of Health and Human Services. (2017). What is health literacy? Retrieved from <https://health.gov/communication/literacy/quickguide/factsbasic.htm>
- BreastCancer.org. (2017). U.S. breast cancer statistics. Retrieved from [http://www.breastcancer.org/symptoms/understand\\_bc/statistics](http://www.breastcancer.org/symptoms/understand_bc/statistics)

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