

Health Literacy Resources

**Please note that these resources are not all-inclusive and that the Health Council does not endorse one resource over another.

Resource	Source	Description	Website
Ask Me 3™	National Patient Safety Foundation	<p>A patient education program designed to promote communication between health care providers and patients in order to improve health outcomes. The program encourages patients to understand the answers to three questions:</p> <ol style="list-style-type: none"> 1. What is my main problem? 2. What do I need to do? 3. Why is it important for me to do this? <p>Patients should be encouraged to ask their providers these three simple but essential questions in every health care interaction. Likewise, providers should always encourage their patients to understand the answers to these three questions. Studies show that people who understand health instructions make fewer mistakes when they take their medicine or prepare for a medical procedure. They may also get well sooner or be able to better manage a chronic health condition.</p>	http://www.npsf.org/for-healthcare-professionals/programs/ask-me-3/
Health Literacy and Patient Safety: Help Patients Understand	American Medical Association	<ul style="list-style-type: none"> • An educational kit for informing physicians, health care professionals and patient advocates about health literacy. • This site contains valuable information about health literacy and the efforts to address this important area. Particularly helpful is the “What others are doing” webpage that contains a catalog of useful resources. • Includes toolkits, patient safety monographs, patient safety tip cards, among other resources 	http://www.ama-assn.org/ama/pub/about-ama/ama-foundation/our-programs/public-health/health-literacy-program

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Health Literacy: How to Communicate so Your Patients Understand	Health Literacy Kentucky (in conjunction with the Kentucky Hospital Association)	<ul style="list-style-type: none"> • A brief resource that provides an overview of health literacy and simple things that providers can do to help patients with limited health literacy 	This document can be obtained from http://healthliteracyky.org/whats-new.htm
Health Literacy Universal Precautions Toolkit	Agency for Healthcare Research and Quality (AHRQ)	<ul style="list-style-type: none"> • A comprehensive toolkit that provides resources on: • Getting started on efforts to improve health literacy • Tools to improve spoken communication • Tools to improve written communication • Tools to improve patient self-management and empowerment • Tools to improve supportive systems (includes how to link patients to non-medical support, medication resources, and health and literacy resources in the community) 	http://www.ahrq.gov/qual/literacy/

Include Table 8: Some methods for assessing literacy skills (from the American Medical Association)—not sure how to copy over

Health Literacy Assessment Tools

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Rapid Estimate of Adult Literacy in Medicine—Short Form (REALM-SF)	AHRQ	<p>The Rapid Estimate of Adult Literacy in Medicine—Short Form (REALM-SF) is a 7-item word recognition test to provide clinicians with a valid quick assessment of patient health literacy. The REALM-SF has been validated and field tested in diverse research setting, and has excellent agreement with the 66-item REALM instrument in terms of grade-level assignments.</p> <p>Also includes a health literacy assessment tool in Spanish</p>	<p>http://www.ahrq.gov/populations/sahlsatool.htm</p>
Reading Comprehension Test: Test of Functional Health Literacy in Adults (TOFHLA)		<p>The TOFHLA measures the functional literacy level of patients, using real-to-life health care materials. These materials include patient education information, prescription bottle labels, registration forms, and instructions for diagnostic tests. The TOFHLA assesses two main constructs, numeracy and reading comprehension; it has a total of 67 items. The numeracy scale, used to measure the ability to read and understand numbers, includes 17 items; the reading comprehension scale, used to measure the patient’s ability to read and understand health care-related passages,</p>	<p>There are two additional versions of the TOFHLA: TOFHLA-S, a validated Spanish translation, and the S-TOFHLA, a short form that requires up to 12 minutes to administer. The TOFHLA is available for purchase from http://www.peppercornbooks.com/ at \$50.</p>

		contains 50 items.	
Rapid Estimate of Adult Literacy in Medicine—Short Form (REALM-SF)	AHRQ	<p>The Rapid Estimate of Adult Literacy in Medicine—Short Form (REALM-SF) is a 7-item word recognition test to provide clinicians with a valid quick assessment of patient health literacy. The REALM-SF has been validated and field tested in diverse research setting, and has excellent agreement with the 66-item REALM instrument in terms of grade-level assignments.</p> <p>Also includes a health literacy assessment tool in Spanish</p>	http://www.ahrq.gov/populations/sahlsatool.htm
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National Assessment of Adult Literacy	National Center	Assesses ability to use literacy skills to read and understand written health-related	

(NAAL)	for Education Statistics	information encountered in everyday life Contains 28 health-related assessment questions in three domains: clinical, preventative and navigation	
Newest Vital Sign	Pfizer	This screening tool identifies patients at risk for low health literacy, and the result provides information that allows providers to adapt their communication practices. Spanish version. The Newest Vital Sign is a bilingual (English and Spanish) screening tool that identifies patients at risk for low health literacy. The tool can be administered in a clinical setting in just three minutes. The test result provides information about the patient that will allow providers to appropriately adapt their communication practices in an effort to achieve better health outcomes.	http://www.pfizerhealthliteracy.com/physicians-providers/NewestVitalSign.aspx

Health Literacy Training Tools

Resource	Source	Description	Website
<p>Effective Communication Tools for Healthcare Professionals</p>	<p>Health Resources and Services Administration</p>	<p>free, on-line, go-at-your-own-pace training</p> <p>Medically underserved patients may have particular difficulty communicating with their health care providers. If you treat patients who are low income, uninsured, and/or whose English proficiency is low, Unified Health Communication can help you:</p> <ul style="list-style-type: none"> • Acknowledge cultural diversity and deal sensitively with cultural differences that affect the way patients navigate the health care system, • Address low health literacy and bridge knowledge gaps that can prevent patients from adhering to prevention and treatment protocols, and • Accommodate low English proficiency and effectively use tools that don't rely on the written or spoken word. 	<p>http://www.hrsa.gov/healthliteracy/</p>
<p>University of Minnesota School of Public Health</p>		<p>This online course discusses how inequalities in health information contribute to health disparities and what</p>	<p>http://cpheo1.sph.umn.edu/healthlit/#a</p>

		communities can do to close the gap and improve health literacy	
National Education Association 2001		This online workshop helps educators at all grade levels learn how to build health literacy across curricula areas and where to go for additional training.	http://ondemand.neaacademy.org/
HHS Office of Minority Health		This is a self-directed training course for physicians and other health care professionals with a specific interest in cultural competency in the provision of care	https://cccm.thinkculturalhealth.hhs.gov/racy.worlded.org/curricula.htm