



Health Literacy: 10 Things You Can Do In Your Practice Right Now

More than 90 million adult Americans don't understand what their doctor tells them. These patients are from all walks of life, with various educational and economic levels. However, when it comes to following doctor's directions, they are basically health illiterate.

Here are 10 simple things you can do in your practice right now to help improve health literacy among your patients.

1. Offer to help with paperwork
2. Use simple language and speak slowly
3. Keep your message to only two or three concepts
4. Read written materials aloud
5. Use visual aids
6. Use PHC's free language interpreters
7. Use the [teach-back method of communication](#)
8. Build rapport by expressing interest
9. Write prescriptions for exact times of day (e.g. 9 a.m. and 9 p.m.) instead of "two times daily"
10. Specify liquid doses in teaspoons, rather than grams