Health Care Literacy In Vascular Patients Is Inadequate: Do We Need Better Ways To Inform Patients?

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Skills needed to make appropriate decisions

Background

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  - Skills needed to make appropriate decisions
- Important for physicians:
  - Improving patient information
  - Shared decision making
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- Arterial vascular disease:
  - lower socio-economic class and education level,
  - high age, type 2 diabetes, smoking
  - defined risk factors for inadequate HL!
Aim of the study
Identify prevalence of inadequate HL in patients with arterial vascular disease

Methods
- In period 5 January 2015 – 16 January 2015 random inclusion
  - Patients with PAOD, AAA, Carotid stenosis
  - Setting: outpatient clinic
  - Exclusion: recent CVA, inability: visual/hearing/language

Methods
- Inclusion: 91 patients
  - Mean age 70.1 years
  - 57% male
  - 68% PAOD

Methods
- 6 questions regarding contents of ice cream
- Completion NVS-D
  - < 4 of 6 points distinguished individuals with inadequate HL

Methods
- Questionnaire regarding contents of ice cream
  - 6 questions
  - E.g. Calories: calculation per litre
  - Allergy information
- Completion NVS-D
  - < 4 of 6 points distinguished individuals with inadequate HL

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- Inclusion: 91 patients
  - Mean age 70.1 years
  - 57% male
  - 68% PAOD
  - 54% highest education level secondary school or lower

Results

- Prevalence inadequate HL (score <4/6): 78%

Discussion

- First study of prevalence of inadequate HL in patients art. vasc. disease
- Serious problem
- Possibly adjust information

Discussion

Screening question:
"Do you have difficulty filling out forms?"

Discussion

Studies on Presented information:
- 85% remembered with pictograms, 14% without
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Studies on Presented information:
- 85% remembered with pictograms, 14% without
- 46% remembered with cartoons vs 6% written info only
- Max 3 messages per consultation
- Repeat

Limitations
- No differentiation in degree of inadequate HL
- No screening tool illiteracy available
- Concentration/motivation patients (end of consultation)
- Taboo subject
Conclusion

- This study shows a prevalence of inadequate health literacy of 78%.
- Critical look at our medical information supply (medico legal issues?)
- Further research should be performed to discover the best way to supply information

Thank you!