

Addressing Health Literacy Needs in Client Education

This presentation will address both the “whys” and “hows” of addressing health literacy in occupational therapy practice. Attendees will first explore how clients’ limited health literacy may impact the effectiveness of occupational therapy interventions. They will then learn about barriers present in client education for people with limited health literacy, including how to evaluate educational materials for accessibility, readability, and overall effectiveness. The presentation will then focus on practical strategies to prevent and eliminate barriers to learning in client education.

Jeni Dulek, OTD, OTR/L is an Assistant Professor of Occupational Therapy at Pacific University of Oregon. She holds a post-professional doctorate of OT with an emphasis in education and a masters degree in instructional design and technology. She is passionate about providing instruction that is accessible, inclusive, and engaging using principles from education and instructional design.

By the end of the presentation, participants will be able to:

- 1) Explain the relationship between health literacy and occupational therapy practice.
- 2) Discuss barriers to learning commonly present in client education for people with limited health literacy.
- 3) Identify strategies to reduce or eliminate barriers to learning when providing client education.

Course timeline:

15 minutes: Introduction to health literacy and its effects on occupational therapy outcomes
15 minutes: Exploration of barriers encountered by people with limited health literacy in occupational therapy intervention
10 minutes: Demonstration of evaluation of educational materials and discussion of things to look for when evaluating one’s own materials
20 minutes: Practical strategies to prevent and eliminate learning barriers related to health literacy

The content focus of this course is Occupational Therapy Foundational Knowledge and Professional Issues, and recognized by the Occupational Therapy Licensing board for one contact hour.

