

INVESTIGATING THE IMPACT OF HEALTH LITERACY ON PATIENT ENGAGEMENT AND OUTCOMES

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Abstract

There has been evidence of a vital correlation between patient health literacy and the incidence of chronic disease, self-reported health, use of preventive health services, health knowledge, hospitalization rates, and health care expenses. The advantages of health literacy are thought to be rooted in the interaction between patients' skill levels and the demands of the social and health care systems. Research and practice in health literacy have so far concentrated more on the skills of individuals than on the traits of healthcare institutions. However, recent reports from the Institute of Medicine Roundtable on Health Literacy and federal policy initiatives have raised awareness of the traits of health literate health care organizations—that is, organizations that help people navigate, understand, and use information and services to take care of their health. Few studies have examined the relative significance of organizational characteristics, such as a respectful healthcare setting and effective provider-patient communication, and patients' health literacy abilities in influencing patient-reported treatment outcomes.

Keywords: Little research, patient communication, Health Literacy

1. INTRODUCTION

According to studies, health literacy is a fast-developing profession that involves comprehending, communicating, evaluating, and assessing health information in order to support an effective healthcare system. Poor health decisions and information that lead to smoking, early death, inactivity, elevated morbidity, and poor food are all consequences of health literacy [1]. None of these are influenced by risk variables such as age, gender, wealth, education, or ethnicity. The categories most likely to have low health literacy are those with low socioeconomic status, immigrants, members of ethnic minorities, the elderly, those with disabilities, and people with long-term medical conditions [2]. Health literacy is an essential empowering skill to improve health outcomes and reduce health inequalities. By fostering resilience, enhancing mental well-being, lessening the severity of disease, enhancing compliance with medical advice, boosting health literacy, encouraging healthy lifestyle choices, enhancing engagement, will have a positive effect on health outcomes [11].

stated that one of the most important tactics for raising the standard of the health care services system is health literacy. According to the authors, patient empowerment and its connection to better health care outcomes have drawn more attention in recent years. According to their research, more health literacy opens the door to better health consciousness and a greater desire to help others [4]. According to reports, health literacy is a crucial component of personal development and growth since it makes it easier to understand and react to the political, social, and cultural context. According to the authors, 122 million young people worldwide are estimated to be illiterate, making up over 17% of the adult population[3]. This is a problem in the modern era that might lead to poor communication and high unemployment, which would have a detrimental influence on society [6]. Health literacy has long been a key component of decision-making, health promotion, risk and hazard reduction, prevention, quality of life, and patient care [8]. Health literacy should be integrated into healthcare institutions' quality assurance systems because many patients struggle to understand medical prescriptions and indications.

2. REVIEW OF LITERATURE

once more employing patient-focused tactics to raise public health literacy in clinics, hospitals, colleges, libraries, and schools [16]. Simple language, charts, diagrams, pictures, and phrases could all be used to translate complex medical jargon. use of tactics aimed at medical professional. Health care professionals should be able to learn how to use the data collected from patients who are not well-literate to improve their communication and decision-making skills. According to reports, a functioning health system in Nigeria depends on or is accelerated by health literacy. The authors of the study demonstrated that in order to be prepared with the skills and information required to make informed decisions on public health, health librarians and other professionals must have the appropriate training. Health literacy, according to the authors, includes speaking, listening, numeracy, reading, writing, and cultural knowledge [5]. In order to empower people about their health, a number of aspects of health literacy are included, such as health promotion, health education, and health communication [10]. The ability to access, discover, process, and comprehend the basic health information required for medical services, general health, and decision-making is known as health literacy [12].

A person with functional health is able to carry out daily tasks without suffering from pain, discomfort, or injury. A person is considered to have poor functional health if they are unable to perform this type of daily activity. Therefore, frequent exercise is essential to maximizing functional health. Quality assistance from health care providers, accepting responsibility for health issues, believing that health information is adequate, being health-focused, having social support, being able to obtain health information, and critically evaluating health resources are all examples of health literacy. In order to make the right health decisions, carry out necessary tasks, and lead healthy lives, people should be able to access, process, comprehend, assess, and communicate fundamental health services and information [13]. Reading, writing, speaking, critical and numeracy analysis, engagement, and communication are all components of basic health literacy. Lack of health literacy results in a lack of self-empowerment, a lack of awareness of preventative health measures, a lack of self-care instructions, a lack of knowledge about medical issues, a restricted comprehension of health ideas, and a poor comprehension of medical instructions. The three primary domains of health literacy are health education, health promotion, and health communication. A framework or platform is used in health education to advance health literacy. Health communication is firmly rooted in the use of mass media and multimedia to educate the public about health-related topics that cross technological boundaries.

addressed a number of issues related to health literacy and education and demonstrated that health literacy is a developing area in health promotion research[7]. It is important to identify individuals with low health literacy because it raises the risk of miscommunication, the inability to follow medical instructions, the shame associated with poor reading skills, the inability to name medications, when to administer them, and why; the use of plain language in written instructions and comments regarding forgetting glasses; the avoidance of medical jargon; the use of pictures; speaking slowly; the application of visual images; asking patients to recall important information; limiting the amount of information communicated at a given time; creating a shame-free therapeutic environment; and building trustworthy relationships.

3. MATERIALS AND METHODS

Health care professionals should have a solid understanding of nursing curricula and health literacy. Good nursing practice should allow nurses to actively participate in creating health literacy policy. demonstrated that strong policy development for interventional strategies including education, functional health literacy, interaction, and skills has led to a greater focus on enhancing health literacy worldwide. To successfully execute all the measures, community practitioners must use interventional tools and national policy. According to an analysis, functional health literacy is the extent to which an individual can process, learn, and understand basic health information so they can make wise decisions. Numerous factors, such as employment, education, family, media, society, and policy, impact functional health literacy. examined the effects of the doctor-patient relationship and communication on patient satisfaction and health outcomes. Poor communication will have a major impact on patients' comprehension, the rate of hospitalization, and inadvertent non-adherence to treatment, according to the authors. Effective communication, involvement, preferences, expectations, perceptions, and interventions are all greatly influenced by health literacy[14].

Patients from a diverse range of cultural backgrounds attend American healthcare facilities on a regular basis. Prioritizing health information and communication requires that health care workers acquire the proper training on the core cultural norms and values that are engaged in the patient-physician dynamic. Reports state that the fundamental ideas of health literacy include knowledge, skills, information, and decision-making. They went on to say that the three main elements of health literacy include using and digesting various health information for decision-making, controlling one's health in collaboration with medical professionals, and comprehending the health care system. claimed that a study was conducted to elucidate the impact of health literacy on people's cost-effective utilization of the healthcare system. Their research revealed that patient characteristics and health accessibility are influenced by health literacy. carried performed a study to examine the impact of health literacy on health outcomes for those who are socioeconomically vulnerable [9]. Health literacy, according to the authors, is the ability of a person to comprehend, obtain, apply, evaluate, and use health information while making decisions. Therefore, increasing socioeconomically vulnerable people's health literacy will inevitably enhance their health outcomes.

investigated how low health literacy affects health status and service use by looking at health service use metrics including hospitalization and emergency care, which are closely linked to health literacy. The study's findings demonstrated a strong link between health outcomes and health literacy. discovered that in many poor countries, national health education programs are employed to improve the health literacy of rural people [15]. Through the use of a quasi-experimental design, the authors were able to investigate the impact of health literacy on encouraging healthy lifestyles among the vulnerable and disadvantaged. It has been noted that older adults' health literacy and abilities have an impact on their capacity to use digital health platforms and applications. Their research revealed that health intervention programs help older adults improve their health literacy and skill sets. However, older adults' cognitive decline and physical infirmity may be key factors limiting their access to health care services.

4. RESULT AND DISCUSSION

investigated the relationship between health outcomes and the American culture of health literacy. Only about 80 million adults in the US have low health literacy, they noted, and this has a negative impact on health outcomes, such as more hospitalizations, fewer mammograms, more ER visits, fewer influenza vaccinations, and a diminished capacity to comprehend health messages, understand drug labels, and demonstrate appropriate medication use, particularly for adults. Health literacy reduces costs and mortality by empowering individuals to take charge of their health. Adults with high health literacy are more equipped to make decisions regarding their diagnosis, treatment, and overall well-being.

Table 1: Results summary for Reflective measurement models

Elements that the indicator capture	Outer Loadings	Indicator Reliability	Composite Reliability	AVE
PRO1	0.710	0.504	0.852	0.659
PRO2	0.906	0.820		
PRO4	0.808	0.652		
CA8	0.985	0.970	0.985	0.970
CA9	0.985	0.970		
CV1	0.945	0.893	0.938	0.791
CV2	0.931	0.866		
CV3	0.805	0.648		
CV4	0.869	0.755		

EM	0.872	0.760	0.8380.722	
EM3				
EM4				
0.827	0.760			
ENV	0.855	0.731	0.8710.772	
ENV1				
ENV2				
0.902	0.813			
FIN	0.945	0.893	0.871	
FIN3				
FIN4				
0.975	0.950			
FIN5	0.966	0.933		
FIN6	0.960	0.921		
FIN7	0.810	0.656		
GP	0.784	0.614	0.8740.778	
GP1				
GP2				
0.970	0.940			
PER	0.723	0.522	0.918	
PER1				
PER3				
0.711	0.505			
PER4	0.924	0.853		
PER5	0.804	0.643		
PER6	0.808	0.652		
PER7	0.854	0.729		
EFF	0.791	0.625	0.8230.700	
EFF4				
EFF8				
0.880	0.774			
0.867	0.751	0.894		
		0.679		

0.739				
0.840	0.705			
0.719	0.516			
0.951	0.904	0.9410.889		
0.874				

Health literacy is the drive, understanding, application, proficiency, and assessment of health information to make important health decisions for medical care, sickness prevention, and health promotion. Researchers investigated the sources of health information for individuals with low health literacy in order to address the issue of knowledge gaps. The study's findings showed that inadequate health literacy led to a low use of medical websites for trustworthy health information. Additionally, there is a greater reliance on blogs, social media, television, and celebrity websites for health-related information among this demographic. stated that it was difficult to find health information, especially during the COVID-19 pandemic.

Health authorities actively participated in the management of various disease-related health information. To evaluate health information, however, citizens must possess a critical level of health literacy. Critical health abilities could be greatly enhanced by educational interventions and public health frameworks. demonstrated how health literacy affects the health care system globally. Inadequate management of chronic conditions is associated with low health literacy, which creates a social barrier to receiving the right medical care. discussed how health literacy affects health communication. They assessed the advantages and disadvantages of using social media as a source of health information and health literacy.

5. CONCLUSION

Poor health outcomes and behaviors, which are at the heart of health inequities, have generally been associated with low health literacy. Enhancing health outcomes and information through public health is crucial for health literacy. Without a doubt, there are numerous advantages to health literacy, including better health outcomes, increased health care system efficiency, better decision-making, prevention, lower costs, lower poverty, elimination of racism and prejudice, and the promotion of socioeconomic ideals and justice. They noted that among the risks include misleading information and fake movies. investigated how health literacy affected the health outcomes of teenagers in the Iranian city. In contrast to youth with lower health literacy skills, their research indicates that teens with higher health literacy levels engage in more nutrient-dense and health-promoting behaviors. explored the concept of health literacy and related challenges in many countries' health literacy programs. They also point out that a lot of facets of health literacy, such as self-efficacy, health attitudes, illness management, and bargaining skills, still require clarification. examined how a person's degree of health literacy affected their health outcomes. The authors found that disparities in health literacy led to higher rates of hospitalization, lower rates of mammograms, higher rates of emergency room visits, lower rates of influenza vaccinations, a lack of ability to understand labels, a lack of assimilation of health messages, a lack of ability to demonstrate proper medication administration, higher mortality, and a worse state of general health.

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