

IMPROVE COMMUNICATION WITH YOUR HEALTH CARE PROVIDERS

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Speaking with your health care providers can be an overwhelming experience. Especially if you are experiencing a health situation that requires you to see a specialist, which you do not know as well as your primary care provider. Only 12 percent of adults have proficient health literacy. This means nearly 9 out of 10 adults lack the skills needed to manage their health and prevent disease.

What increases the risk of having poor health literacy:

- #1. Increased age**
- #2. Having less than a high school diploma or GED**
- #3. Racial and ethnic minorities**
- #4. People with low income levels**
- #5. Non-native speakers of English**
- #6. People with compromised health**

What I can do to improve communication with my health care provider:

- #1. Let your health care provider know if you do not understand what they are telling you.**
- #2. Do not hide reading or vocabulary difficulties from your health care provider.**
- #3. It may be good to have another person go to your appointments with you to help be an extra set of ears for you. Different people interpret information differently, especially when faced with a health crisis.**
- #4. If you have difficulty filling out the mounds of paperwork when seeing a new provider, you may want to delegate this to the person you have accompany you to your appointment.**
- #5. It may also help to take a list of questions with you, that you have prepared in advance.**

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