

Promoting Maternal Health Literacy through Reflective Practice

PAT National Conference 2011 St Louis, MO **Print this page. Complete it during the workshop.**

1. Health literacy is one of M_____ L_____.
2. Literacy skills always are used for some _____ purpose.
3. Parents use health literacy to _____ and _____.
4. Health literacy involves an array of cognitive, social and practical skills that enable an individual to use _____ and _____ to promote or maintain _____.
5. Three categories or levels of health literacy skills are: _____, _____, and _____.
6. Reflection is a repeating process of T_____, L_____, R_____.
7. Empowerment is _____.
8. Promoting health literacy means _____.
9. 3 ways to promote health literacy are: _____, _____, _____.
10. The brain's primary job is _____.
11. The brain gives most attention to _____, including anything unfamiliar or unexpected.
12. The primary motivator for the fight, flee or freeze reaction is _____. So humans' default internal state is _____.
13. In its default mode, the brain *thinks* about the _____; *links* to feelings of _____ and reacts to _____.
14. In the empowered mode, the brain *thinks* about the best possible desired _____; *links* to feelings of _____, and *responds* with a _____.
15. The fundamental shift in moving from being powerless to being empowered is from _____ to _____.
16. The fundamental reflective question for facilitating the shift from reacting to responding is
What _____ and how _____?
17. The essential shift for a PE moving to a more reflective practice is from _____ to _____.
18. The fundamental reflective question to facilitate the shift from telling to asking is: How am I viewing this parent; as a _____ I need to _____, or a resourceful, competent person.
19. Dynamic Tension: Three fundamental reflective questions to facilitate parents taking action for health are: a) What do you _____? b) What have you _____? c) What's _____?
20. A baby step I will take toward becoming more reflective in my practice is _____.

Questions: Sandra Smith, PhD Center for Health Literacy Promotion 800-444-8806 sandras@uw.edu
©Practice Development Inc All rights reserved.

Resources

- sandras@beginningsguides.com or sandras@uw.edu
 - Health Literacy <http://www.beginningsguides.com/Health-Literacy-Library.html>
<http://www.beginningsguides.com/blog.html>
- Nutbeam, D. (2008). The evolving concept of health literacy. *Social Science & Medicine*, 67, 2072-2078.
- Health Literacy Intervention <http://www.innovations.ahrq.gov/content.aspx?id=2533>
 - Empowerment www.PowerofTED.com
 - Life Skills Progression www.LifeSkillsProgression.com stillmtn2@aol.com