

# Easy Language in Health Communication

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## ■ Health Literacy

Health literacy is very low in Portugal.

It is lower in people who have reduced school instruction,

older people, migrants

or people with disabilities.

Health literacy is the ability to take care of health and manage a disease.

It is also about starting

and maintaining rehabilitation plans.

Rehabilitation plans are usually complex.

Rehabilitation nurses face this problem with their patients at home.

## ■ Project in health communication

Patients doing respiratory rehabilitation need to be autonomous.

The patients need to follow rehabilitation plans at home.

These plans need simple and direct language.

Our project was to translate a brochure about respiratory exercises into easy language.

The master's researcher adapted the brochure into easy language.

Then the researcher validated the brochure with:

- 5 people with intellectual disability
- 11 migrant people
- and 11 people low literacy.

The validation had 4 rounds.

## ■ Results

The original brochure was an A4 and was folded in 3 parts.

The letter font was small and the images were not clear.

With the validation rounds we:

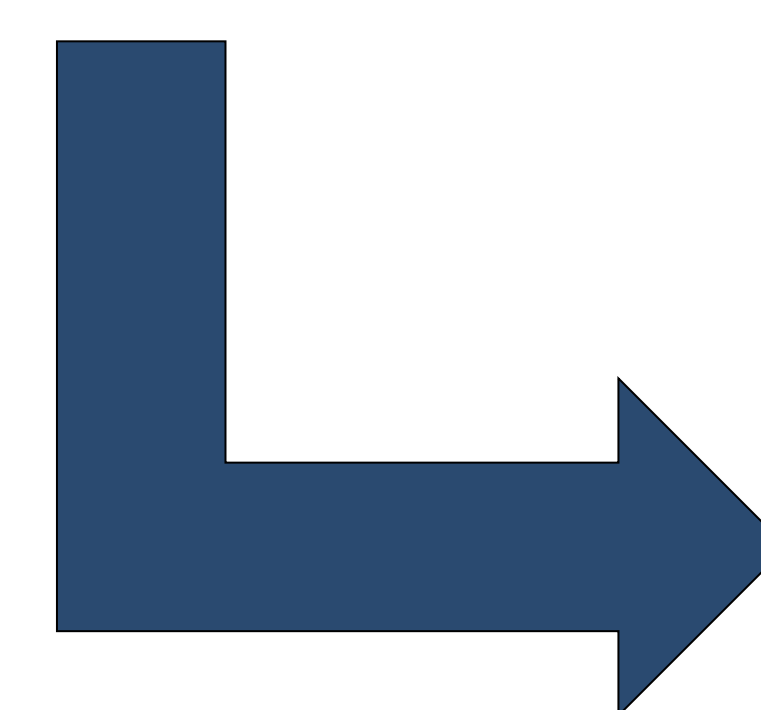
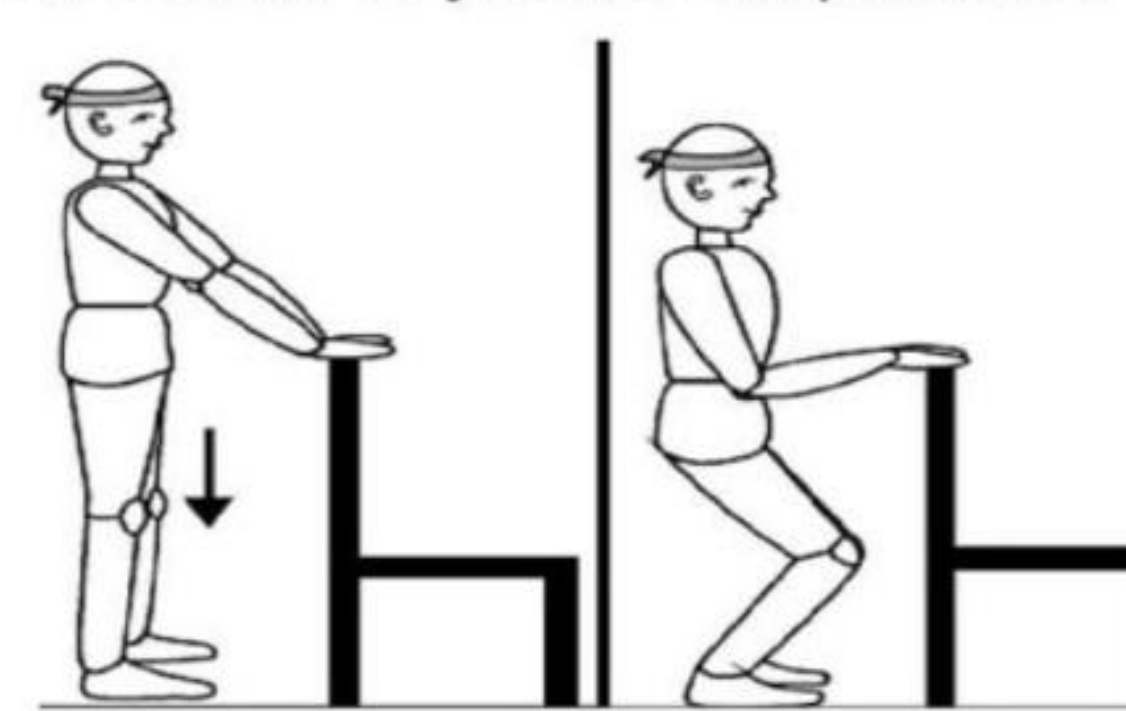
- Used simple words
- Added explanations for difficult words
- Reduced long sentences
- Used a direct language
- And replaced the drawings with photographs of a nurse doing the exercises.

The original brochure had a level 14 or medium legibility.

After the validation

the level of the brochure decreased to 9.

7. De pé, dobre os joelhos expirando. Volte a esticar os joelhos inspirando.



Exercício 6

Põe-te de pé atrás de uma cadeira. Apoia as mãos na cadeira.



Dobra as pernas e ao mesmo tempo deita o ar fora.



Enche o peito de ar e estica as pernas.

## ■ Acknowledgments

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