

## Impact of Health Literacy on Orthopedic Patients Therapy Home Program

Dorothy Bethea<sup>1</sup>, Raydesh Banks<sup>1</sup>, Lauren Bost<sup>1</sup>, Ashley Kizzie<sup>1</sup>, Kathleen Rollman<sup>1</sup>, Lacey Smith<sup>1</sup>, Susan Blair<sup>2</sup>, Melissa Moser<sup>2</sup>, Sheila Kirkman<sup>2</sup>, Rich Popella<sup>2</sup>

<sup>1</sup>Winston-Salem State University, Winston-Salem, North Carolina, USA, <sup>2</sup>Novant Health Forsyth Medical Center, Winston-Salem State University, USA

**Introduction/Rationale:** Health literacy (HL) is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions, is related to positive health outcomes. The purpose of this study was to examine how HL level impacts the ability of orthopedic patients with shoulder replacement surgery to understand and adhere to their home program. Following surgery, inpatients received a home program administered by occupational therapists to help them navigate post-surgical recovery with specific instructions, exercises and precautions. Often the time period between surgery and discharge is no more than one to two therapy visits.

**Objective:** Therapists' wanted to determine if patients adequately comprehended their home program and if they were successful with home instructions once discharged to home.

**Methods:** A convenient sample of 28 orthopedic patients were randomly assigned to an experimental and control groups where they received the original home program and a revised home program using Pfizer™ principals to enhance literacy. Literacy level was determined by the Newest Vital Sign (NVS) as a pre-test and patient adherence by the Medical Outcome Status (MOS) survey posttest.

**Results:** Bivariate Pearson correlation of age, NVS, MOS, and years of education was significant ( $r = .408$ ,  $p = .035$ ); and negative, moderate correlation between health literacy and age was significant ( $r = -0.379$ ,  $p = .047$ ).

**Conclusion:** A positive correlation between NVS and MOS scores suggests HL level impacts how well patients adhere to HP instructions. Ongoing research is recommended.