



CONFERENCE DIALOGUE



Richmond Hill College

Factors Affecting Health Literacy in Patients

A Narrative Review by Sahar Koushki, BSN

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About the Researcher



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Research Interest: Nursing and health research



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What is Health Literacy?

Definition

Health literacy is the ability to read, understand, and act on health guidelines.

It's a critical factor in disease prevention and management for both patients and healthcare professionals.



Research Methodology

01

Database Search

PubMed, SID, Google Scholar, and Scopus databases were searched for relevant articles.

03

Initial Review

112 articles obtained, 75 met initial conditions after screening.

02

Inclusion Criteria

Articles in Persian and English, full-text, original research, published 2018-2025.

04

Final Analysis

23 articles were carefully reviewed and analyzed for this narrative review.

Key Finding

Most patients
lack adequate
health literacy



Factors Influencing Health Literacy

Education Level

People with higher education demonstrate significantly higher health literacy levels.

Economic Status

Poor economic status is strongly associated with low health literacy.

Age

Older patients typically do not have adequate health literacy.

These three factors emerged as the most influential determinants of health literacy in patients.

Additional Contributing Factors



Gender

Significantly associated with health literacy scores across patient populations.



Occupation

Professional background influences understanding of health information.



Disease Knowledge

Prior knowledge about diseases correlates with literacy levels.



Media Use

Exposure to health information through media impacts literacy.



Self-Efficacy

Confidence in managing health affects literacy outcomes.

The Education-Literacy Connection

1

Higher Education

Better comprehension of medical terminology

2

Improved Skills

Enhanced ability to navigate healthcare systems

3

Better Outcomes

Higher health literacy and treatment adherence



Why This Matters

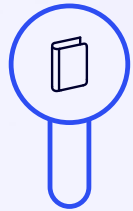
Essential Understanding

Understanding the factors affecting individual health literacy is **essential** to provide appropriate support to patients during treatment.

This knowledge enables healthcare professionals to tailor their approach to each patient's needs.



Path Forward: Recommendations



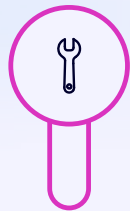
Appropriate Educational Materials

Develop materials tailored to different literacy levels and backgrounds.



Effective Educational Participation

Engage patients actively in their learning process.



Skills Development

Build practical skills for understanding and using health information.



Increase Health Literacy

Systematically improve literacy across patient populations.



Favorable Recovery Environment

Create conditions that support patient recovery and wellbeing.