

35
MINUTES



...to upskill yourself to improve health literacy

This means important information, such as how to take medicines and dosage, understanding nutritional information, comprehending test results or even reading appointment letters can be lost to some people – and many won't admit or feel confident to say they don't understand.

Improving health literacy through better presentation of information and some simple communication techniques can really help those with long or short term illness make better informed choices about their care and treatment.

Aimed at all those working or studying in health and care, including both clinical and support teams, Health Education England and NHS Education for Scotland have developed a short, **35minute e-learning course** specifically designed for people who work regularly with patients, their families and carers.

The course can help staff and students quickly learn simple and easy-to-use techniques to improve communication, supporting the people they care for and treat with their own understanding. As a result, patients, families and carers will be able to make better health and wellbeing choices with confidence.

Anyone can sign up for the course, hosted on the NHS e-learning for health platform – there is a short, simple registration process and once completed you will be able to access the free course quickly and easily.



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