



Introduction

The proposed skill is to create a tailored resource guide for patients that improves health literacy and patient adherence to treatment. The goal is to improve health literacy in terms of understanding discharge instructions, while effectively addressing the family's social and environmental insecurities. Reinventing discharge papers to incorporate community specific resources that address social insecurities beyond the scope of disease is a vital step in attaining personalized, holistic care.

Background

How well a patient adheres to a treatment recommended by their health care provider varies across different patients.¹ Often these differences in adherence are due to a patient's lack of understanding of their own disease and treatment, patient's personal belief, lack of a support system, treatment demands, and depression.¹ Poor health literacy is considered a risk factor; overcoming it can improve patient adherence and health outcomes.²

Up to half of US adults have limited health literacy skills that disproportionately affect racial and ethnic minorities, immigrants, the elderly, and individuals who are low income.³ Individuals with limited health literacy are at greater risk of having poor diabetic control, worsening asthma severity, and obesity.³ Providing a discharge summary that could be easily read was associated with decreased readmissions in posthospital settings and also increased health literacy.⁵

Methods

Complete a social history and necessary screenings in order to gather information, both pertaining to and outside of the patient's chief complaint. Create a resource guide with local support that may help alleviate patient-centered insecurities.

RESOURCE GUIDE

PHARMACY DROP-OFF
HENRY FORD HEALTH SYSTEM
Offering free prescription mail orders
More information available at
www.henryford.com/services/pharmacy/delivery

FOOD ACCESS & DELIVERY
YMCA
Healthy food pick-up options for families with young children- children do not need to be present at pick-up
Location: 22735 Fenkell Ave, Detroit, 48223
Pickup Hours: 1:30-2pm

MENTAL HEALTH & WELLNESS
1. MDHHS
Hotline with certified peer support specialists available for anyone experiencing mental health issues
Contact: 888-PEER-753

2. MEDICAID POSTPARTUM VISITS
Free at-home postpartum visits from a Registered Nurse for moms with newborns up to two years old
Contact: 1-855-472-3432

TELE-MEDICINE CARE
1. COMCAST
Internet service provider offering two months of free internet connection and set-up
More information: <https://www.internetsentials.com>

2. PRIMARY CARE
State wide PCP are offering appointments via Telemedicine
Contact PCP directly for more information

CHILD CARE
1. PKSA
Largest martial arts organization in the USA offering free karate classes to children via zoom
Sign-up at: pksa.com/detroit

2. ACCESS TO BREAST PUMPS
After filling out your insurance information, Medela will find eligible pumps under your coverage
More information: www.medela.us/mbus/breastfeeding-insurance

Conclusion

Changing the discharge summary to improve health literacy is the first step to help increase patient adherence. The next step is to include a tailored resource guide to help meet the needs of the patient and their health. The resource guide should include information about local organizations and nonprofits to help meet their needs and can improve their support system, a factor that also plays a role in patient adherence.¹ Currently, there is no work related to this proposed addition to the discharge summary. This approach allows physicians to carry out an effective plan of action and avoids patients from becoming overwhelmed from an information overload during the encounter. Reinventing discharge papers to incorporate community specific resources that address social insecurities beyond the scope of disease is a vital step in attaining personalized, holistic care.

References

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