



Assessment of Health Literacy Levels Among Elderly Patients and Its Impact on Healthcare Utilization

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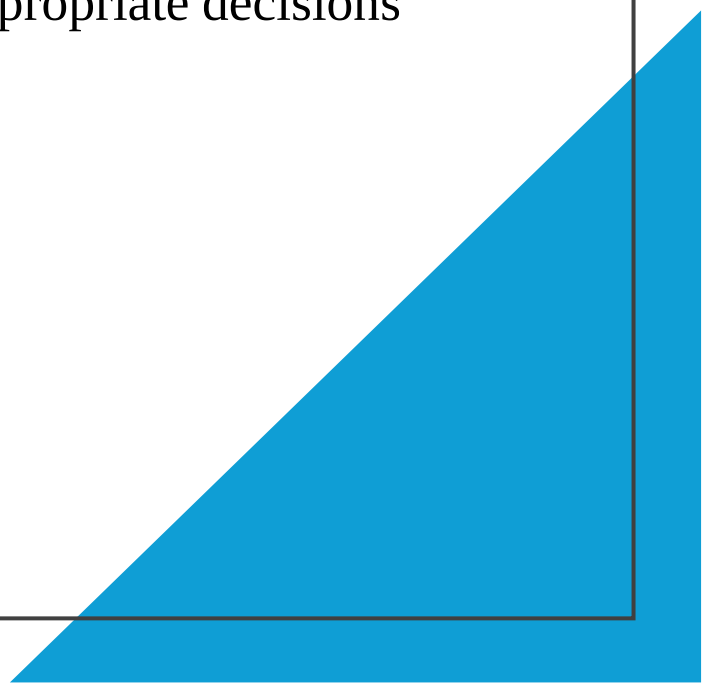
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Introduction

Health Literacy

- Holistic well-being: physical, mental, and social aspects
- Definition by McCormack: "The degree to which individuals can obtain, process, and understand basic health information and services needed to make appropriate decisions"

Importance for Elderly Patients

- Critical for managing complex health challenges and care needs
 - Enhances ability to self-manage health
 - Leads to better health outcomes and quality of life
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Impact on Healthcare Utilization

➤ Inadequate health literacy can result in:

- Longer hospital stays
- Higher healthcare costs
- Reduced utilization of health services
- Poorer healthcare adherence

➤ **Context in India**

- 90% of the population lacks adequate health literacy skills
- Challenges with widespread illiteracy and poverty
- Elderly particularly vulnerable due to poor lifestyle habits and limited access to information

Purpose of Study

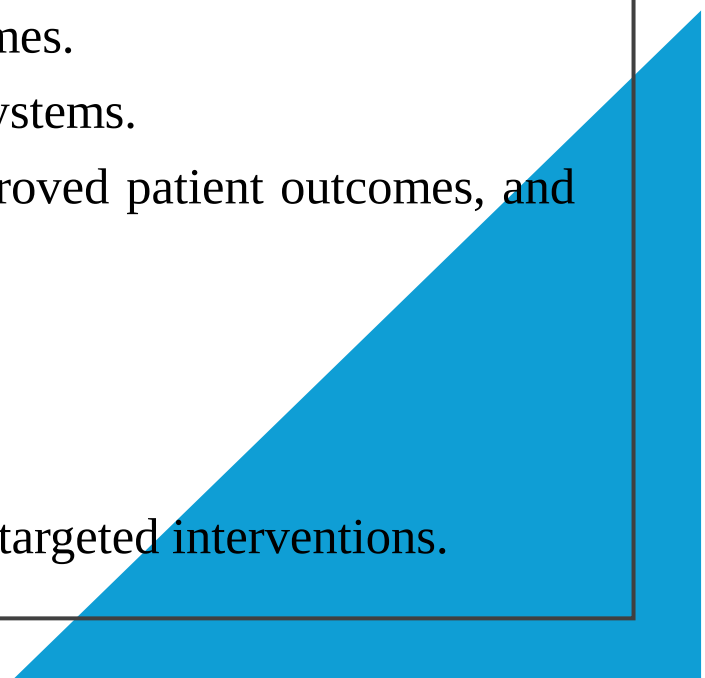
Primary Objective

- To assess the health literacy levels among elderly patients in select regions of India (Bihar, Delhi NCR, and Kolkata).

Context and Importance

- Understanding health literacy is crucial for improving healthcare outcomes.
- Elderly patients often face unique challenges in navigating healthcare systems.
- Enhancing health literacy can lead to better healthcare utilization, improved patient outcomes, and reduced healthcare costs.

Relevance to India

- High rates of illiteracy and poverty affect health literacy levels.
 - Targeting elderly populations can help mitigate these disparities.
 - Provides insights for policymakers and healthcare providers to develop targeted interventions.
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Review of Literature

Author	Title of Study	Objective	Methodology	Result
Sørensen et al. (2012)	Health Literacy and Public Health: A Systematic Review and Integration of Definitions and Models	To provide a comprehensive definition of health literacy and identify key socioeconomic factors affecting health literacy.	Conducted surveys and interviews across multiple EU countries using multistage random sampling.	Identified key socioeconomic factors influencing health literacy.
Lee et al. (2010)	Health Literacy as a Determinant of Health Status and Healthcare Utilization among the Elderly	To assess the impact of health literacy on chronic disease management.	National health survey conducted using stratified random sampling.	Higher health literacy levels were associated with improved management of chronic diseases.
Von Wagner et al. (2009)	Health Literacy and Health Actions: A Review and a Framework from Health Psychology	To evaluate the relationship between health literacy and preventive health services utilization.	Telephone surveys conducted using random digit dialing.	Higher health literacy was associated with increased use of preventive services.

Methodology

Aim - To establish the level of health literacy in an elderly patient population and to describe patterns of health care use variation.

Key Research Questions

- What is the health literacy levels among elderly patients in Bihar, Delhi NCR, and Kolkata?
- How does health literacy affect healthcare utilization among these elderly patients?

Objectives

- To know healthcare utilization patterns among different elderly groups.
- To know health literacy levels among different subgroups of elderly patients.

Research Design

- This study descriptive and cross-sectional design to evaluate health literacy levels and their impact on healthcare utilization among elderly patients.

Study Setting

- The study is conducted among elderly individuals living in Bihar, Delhi NCR, and Kolkata.

Study Population

- The focus is on elderly patients (55+ of age) to assess their health literacy levels and understand how these levels impact their use of healthcare services.

Research Procedures/Approaches

- **Quantitative Assessment:** Structured questionnaires were employed to collect quantitative data.

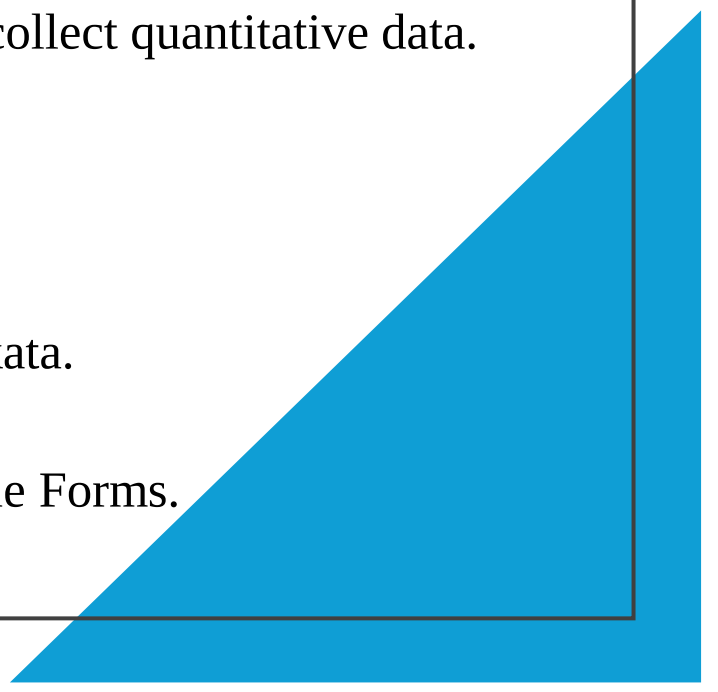
Sample Size Calculation

- The study involved a sample size of 60 participants.

Sampling Techniques

- Google form was sent to the people living in Bihar, Delhi NCR and Kolkata.

Study Instruments

- Data was collected using a structured questionnaire distributed via Google Forms.
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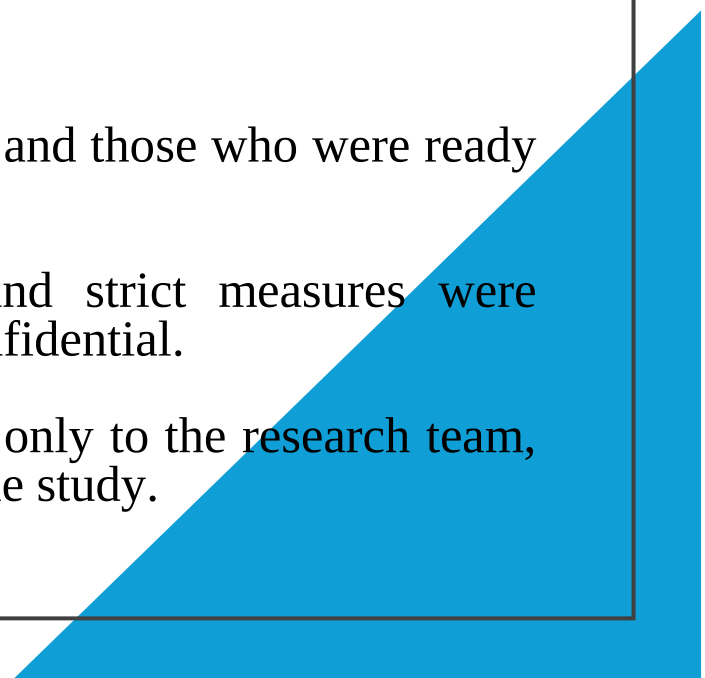
Methods of Data Collection

- Data was collected using a Google Forms survey.
- Survey distributed via WhatsApp, Email, and phone calls.
- Data collection period: 15th April to 30th June 2024.

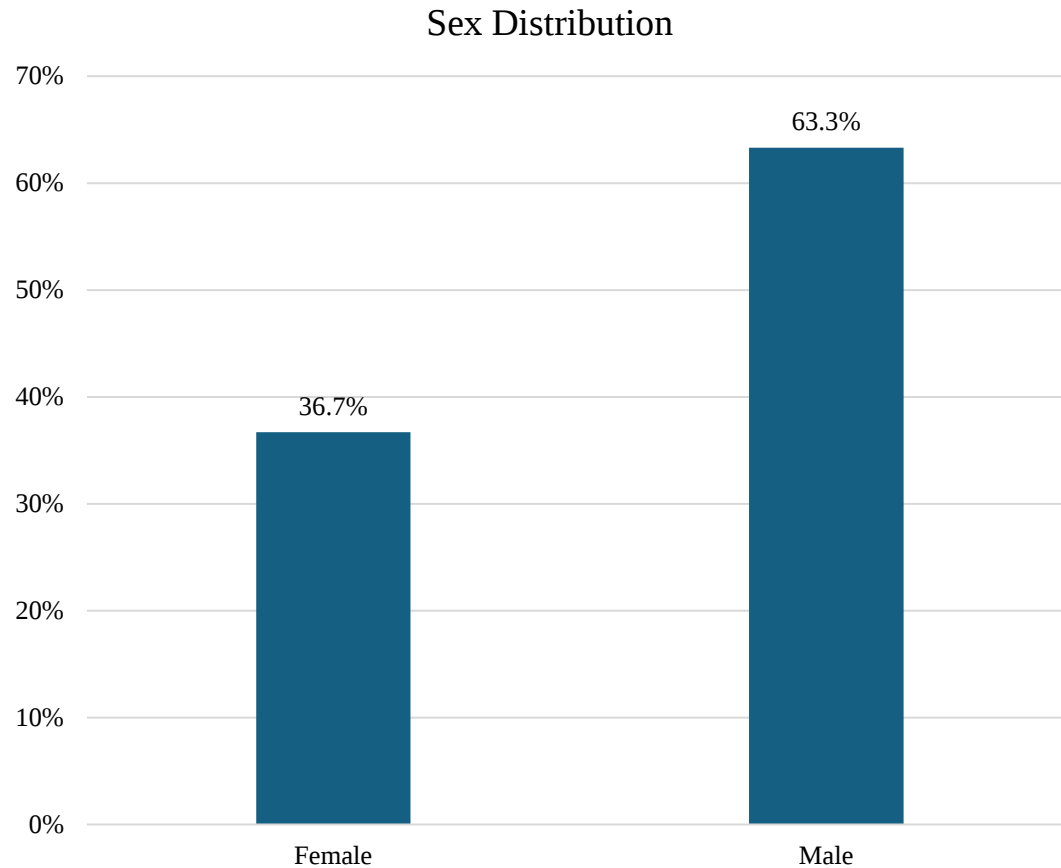
Statistical Methods

- Quantitative data analyzed using descriptive statistics.
- SPSS used to explore the correlation between health literacy and healthcare service utilization.

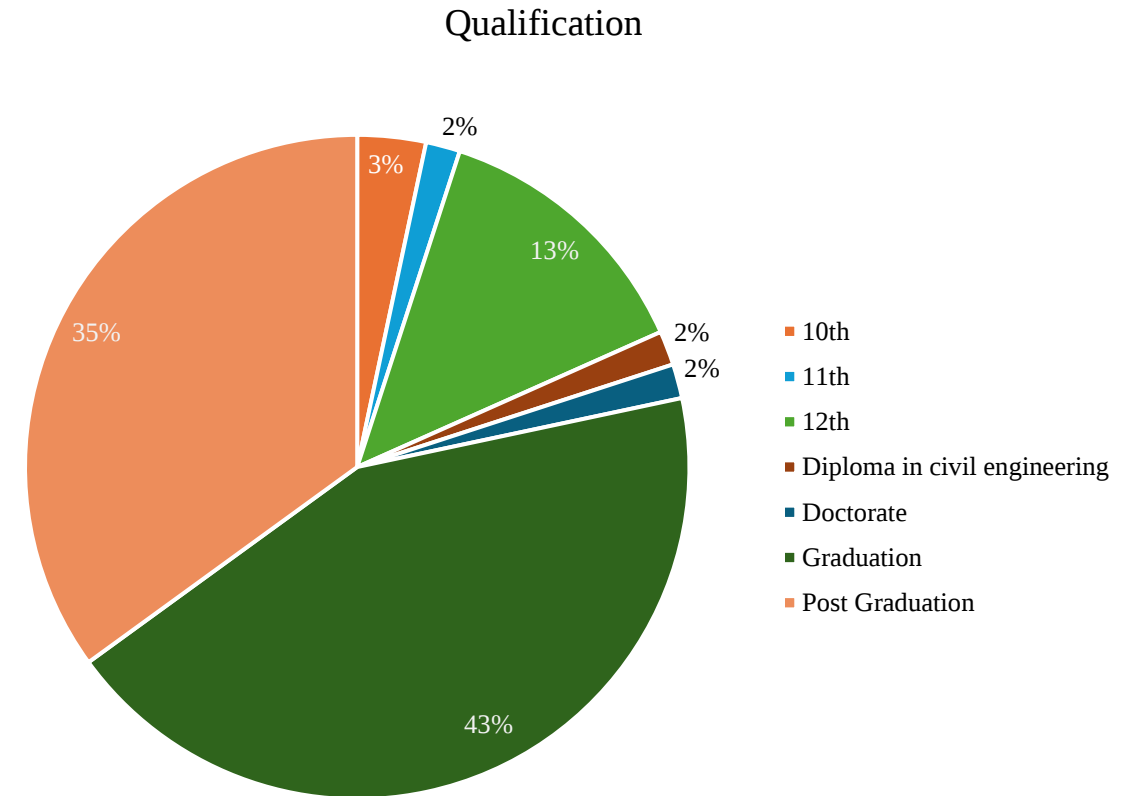
Ethical Considerations

- **Consent:** Participants' approval was taken before taking the response and those who were ready to give the data were interviewed.
 - **Confidentiality:** Participants' responses were kept anonymous, and strict measures were implemented to ensure that their identities and responses remained confidential.
 - **Data Security:** All collected data was securely stored and accessible only to the research team, ensuring that participant information remained protected throughout the study.
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Result

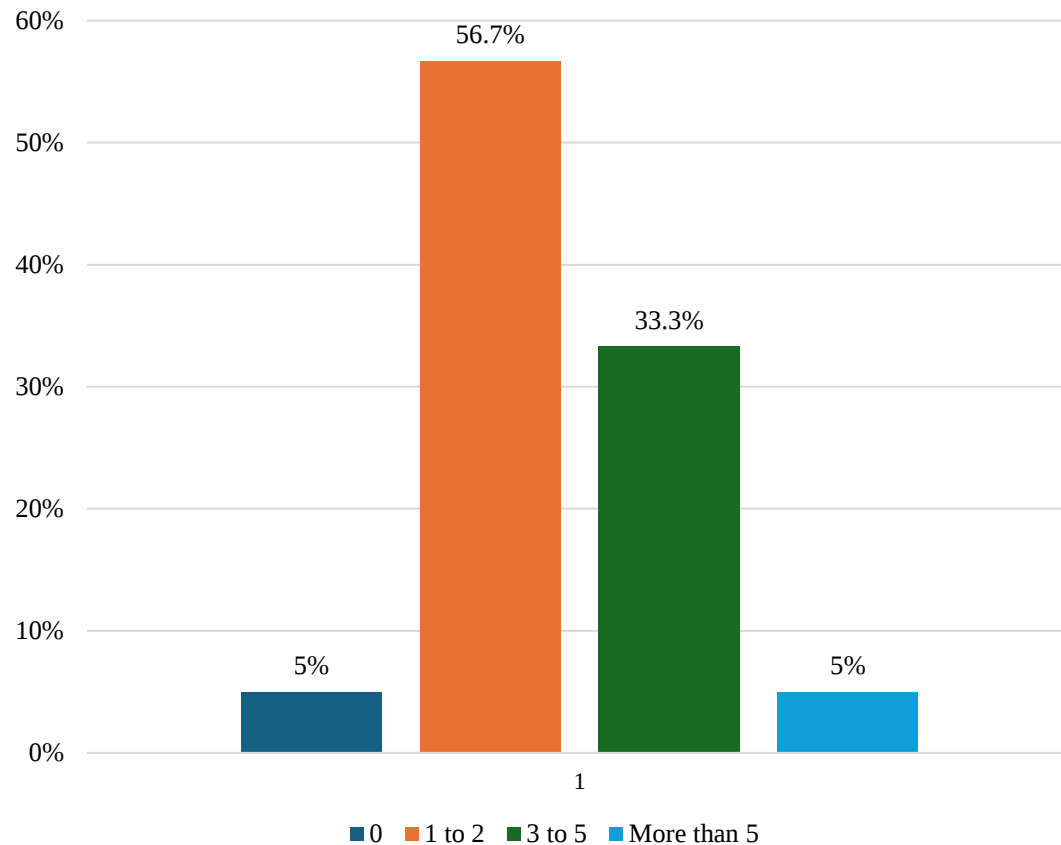


The sex distribution among the study participants shows that 36.7% are female, whereas 63.3% are male.



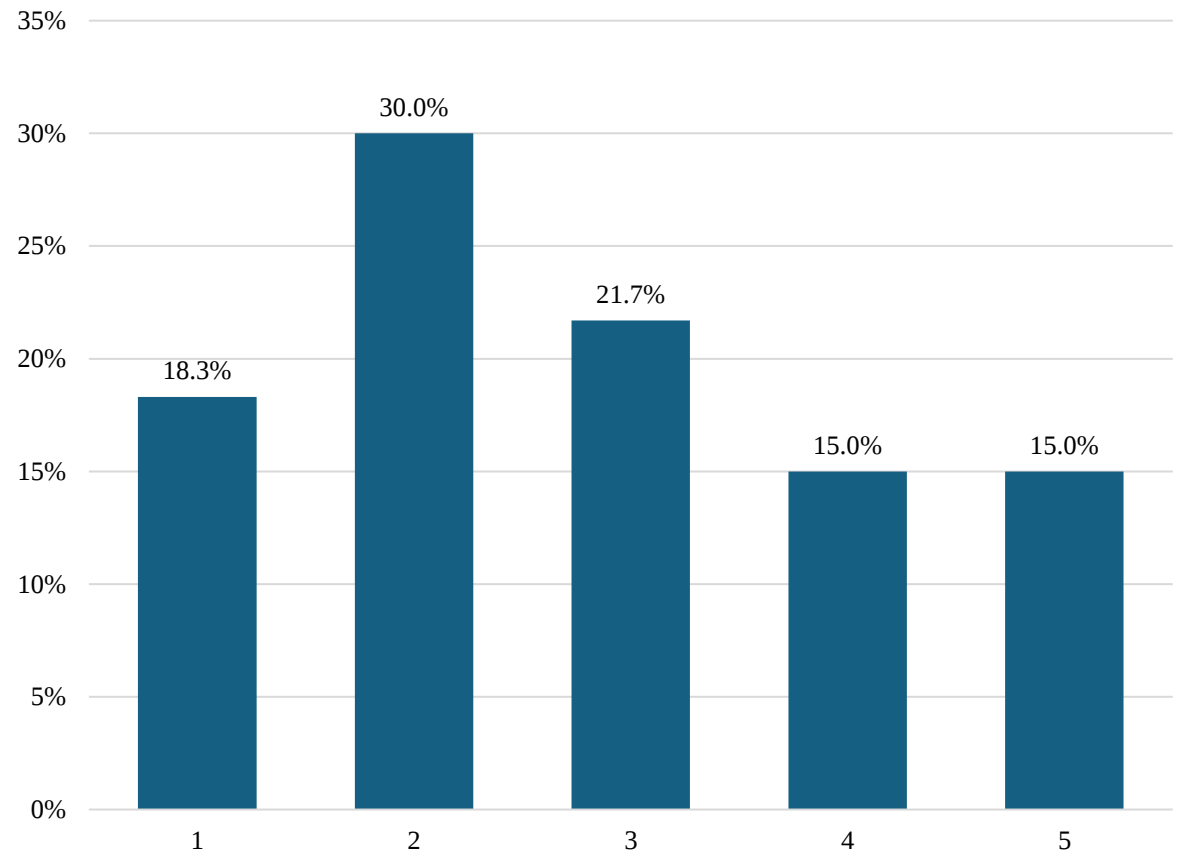
The surveyed population includes 3% 10th grade, 2% 11th grade, 13% 12th grade, 2% civil engineering diplomas, 2% doctorates, 43% undergraduates, and 35% postgraduates.

Medical appointments in the last 1 year



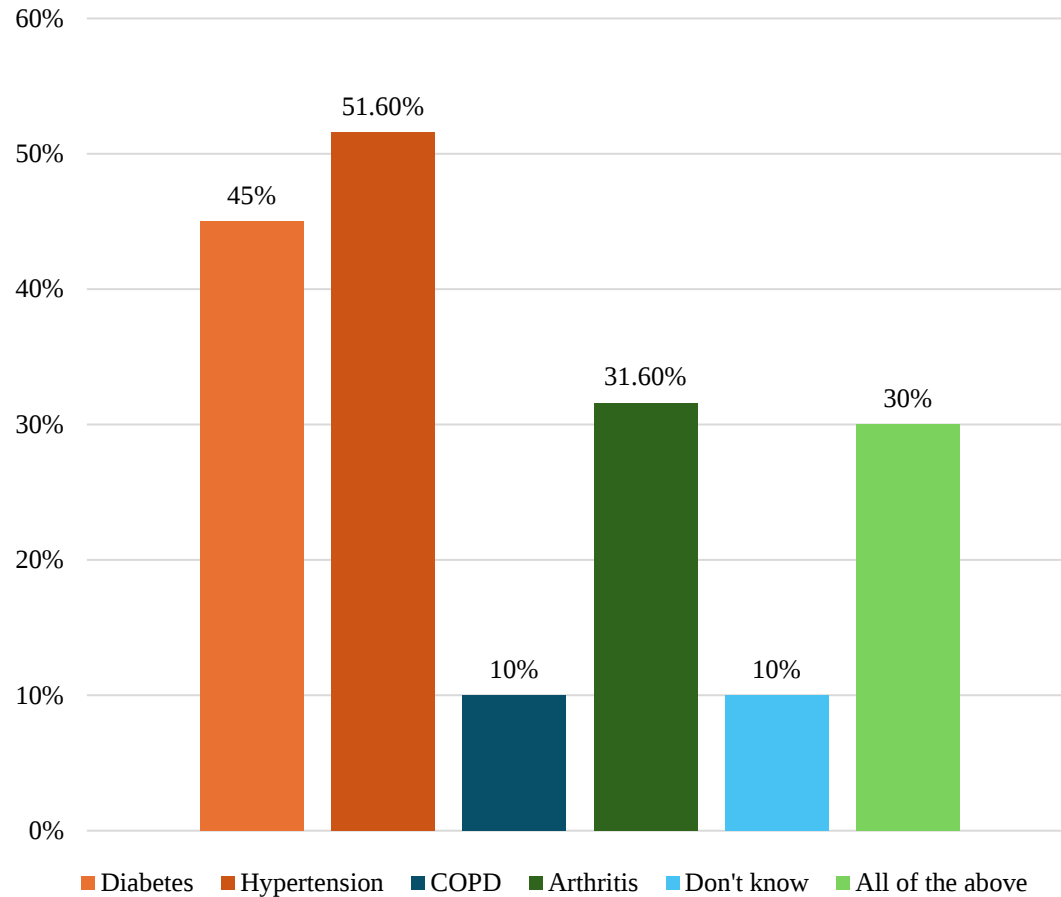
Last year, healthcare provider visits varied: 5% reported no visits, 56.7% visited 1-2 times, 33.3% visited 3-5 times, and 5% visited more than 5 times.

Understanding of Healthcare Services



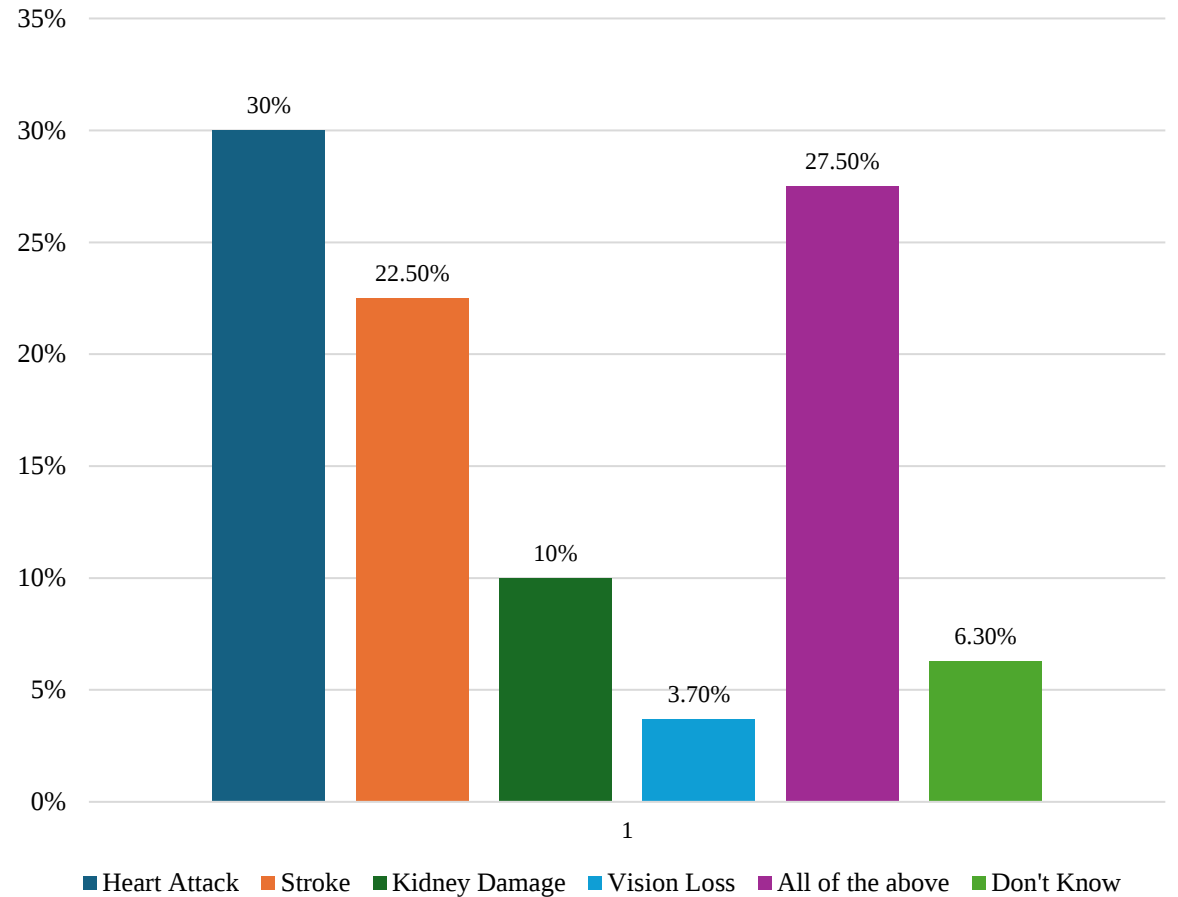
18.3% ranked understanding as 1, 30% as 2, 21.7% as 3, 15% as 4, and 15% as 5 for healthcare service consumption.

Knowledge of Chronic Diseases



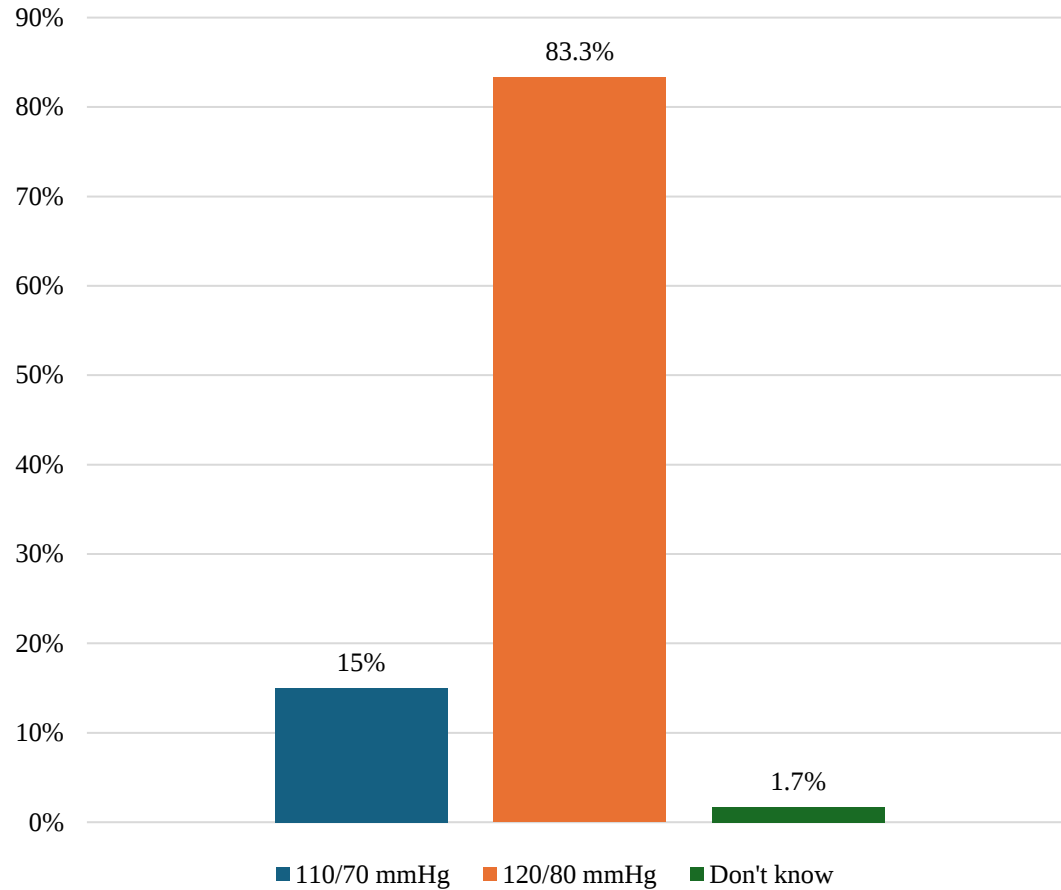
Respondents reported diabetes (45%), hypertension (51.6%), and arthritis (31.6%) as top chronic disorders among older individuals. COPD: 10%, unsure: 10%, all conditions: 30%.

Consequences of High Blood Pressure



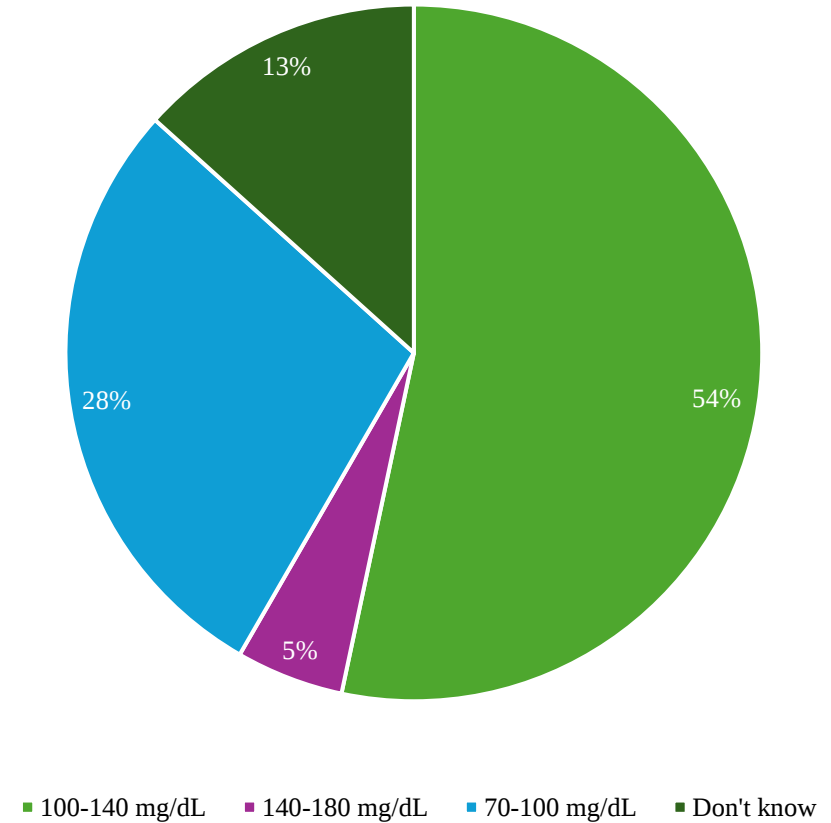
Respondents noted effects of uncontrolled high blood pressure: heart attack (30%), stroke (22.5%), kidney impairment (10%), eyesight loss (3.7%). 27.5% thought it could cause all, 6.3% unsure.

Normal Blood Pressure



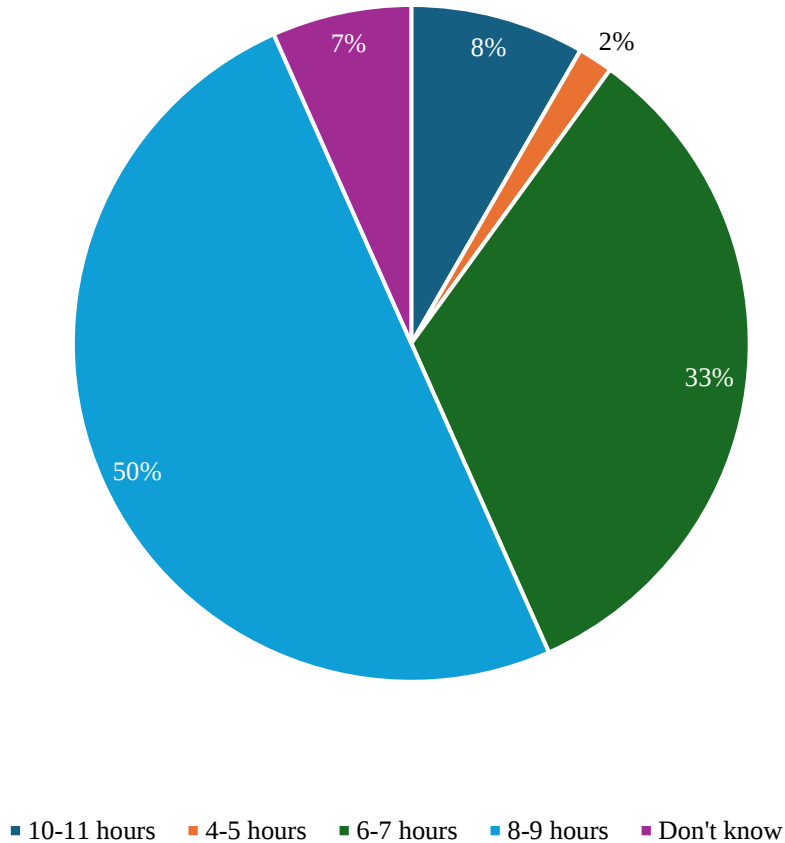
Participants' perceptions of normal blood pressure levels: 15% thought it was 110/70 mmHg, while 83.3% correctly identified it as 120/80. 1.7% were unsure.

Normal Range for Random Blood Sugar Level



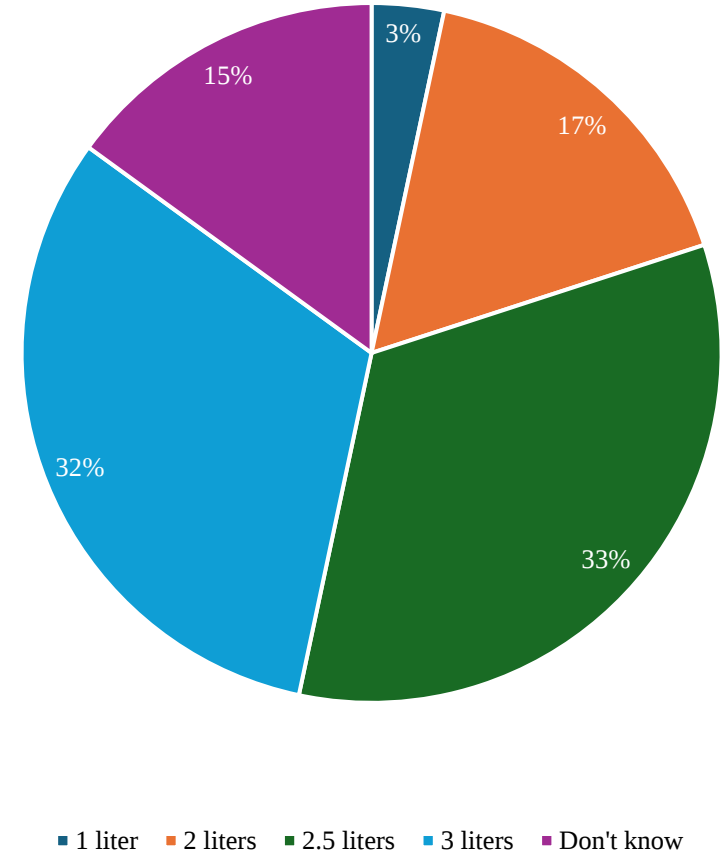
Study findings: 28% recognized 70-100 mg/dL as typical random blood sugar levels, 54% thought it was 100-140 mg/dL, 5% believed 140-180 mg/dL, and 13% were unsure.

Recommended Amount of Sleep for Older Adults Per Night



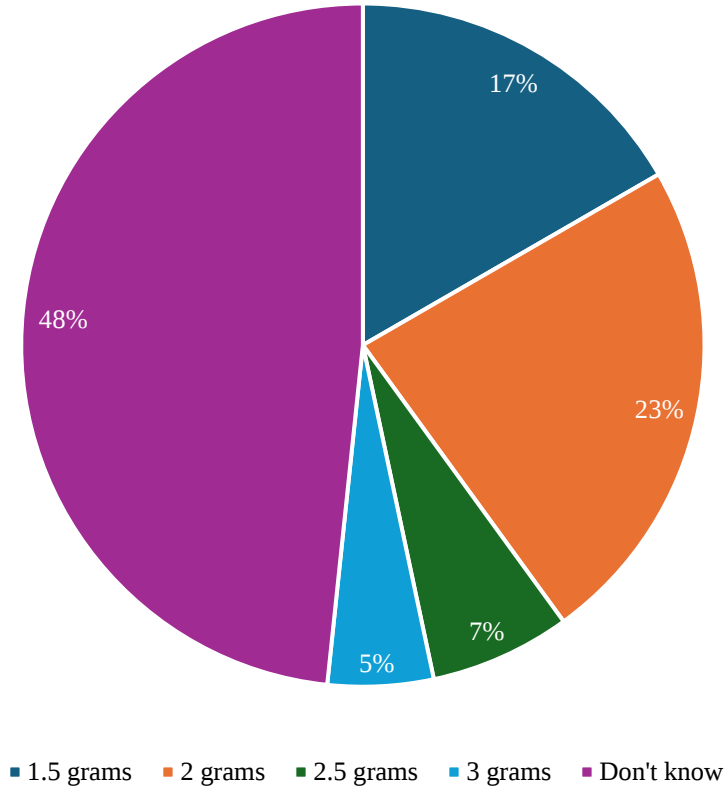
Survey on optimal sleep for older persons: 8% preferred 10-11 hours, 2% thought 4-5 hours, 50% recognized 8-9 hours as ideal, 33% suggested 6-7 hours, and 7% were unsure.

Daily Intake of Water for Older Adults



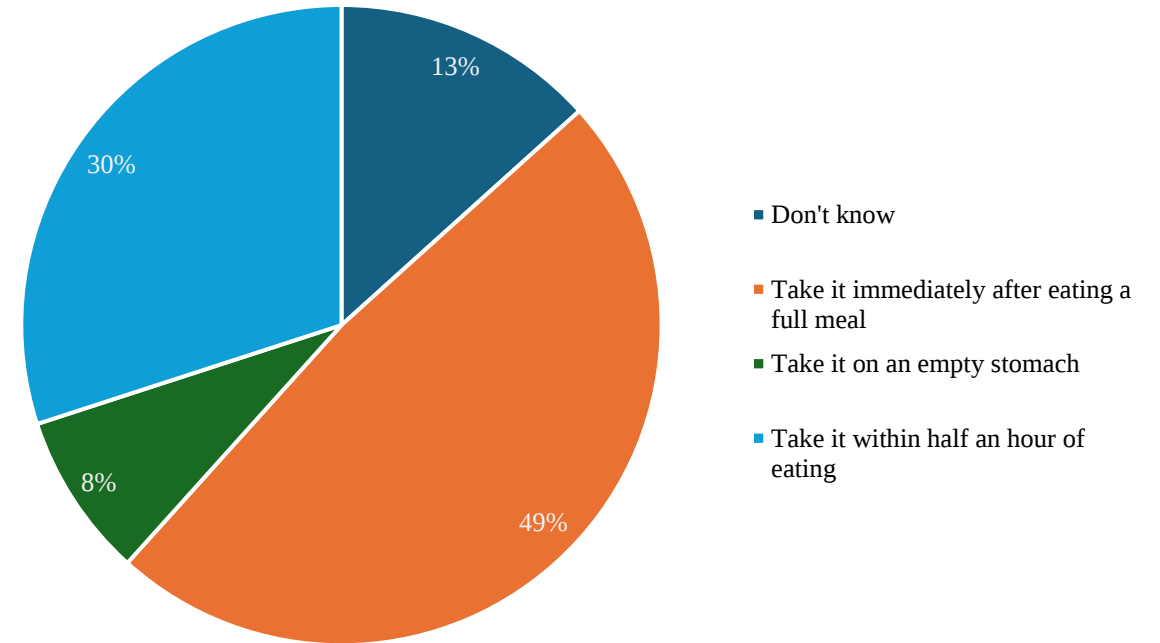
Participants' views on recommended daily water intake for older persons: 3% - 1 liter, 17% - 2 liters, 33% - 2.5 liters, 32% - 3 liters, 15% unsure (recommended intake: 3 liters).

Daily Intake of Sodium for Older Adults



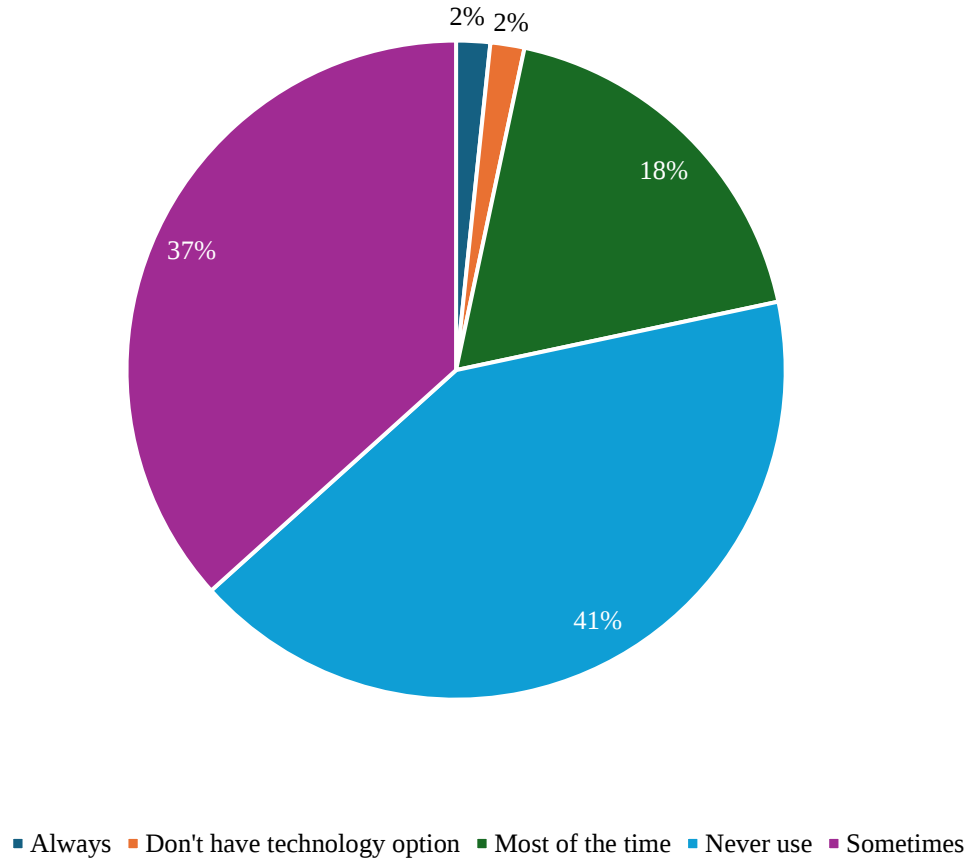
Survey on recommended daily salt intake for older adults: 17% - 1.5g, 23% - 2g, 7% - 2.5g, 5% - 3g, 48% unsure (recommended intake: 1.5g).

Medication Labelling Knowledge



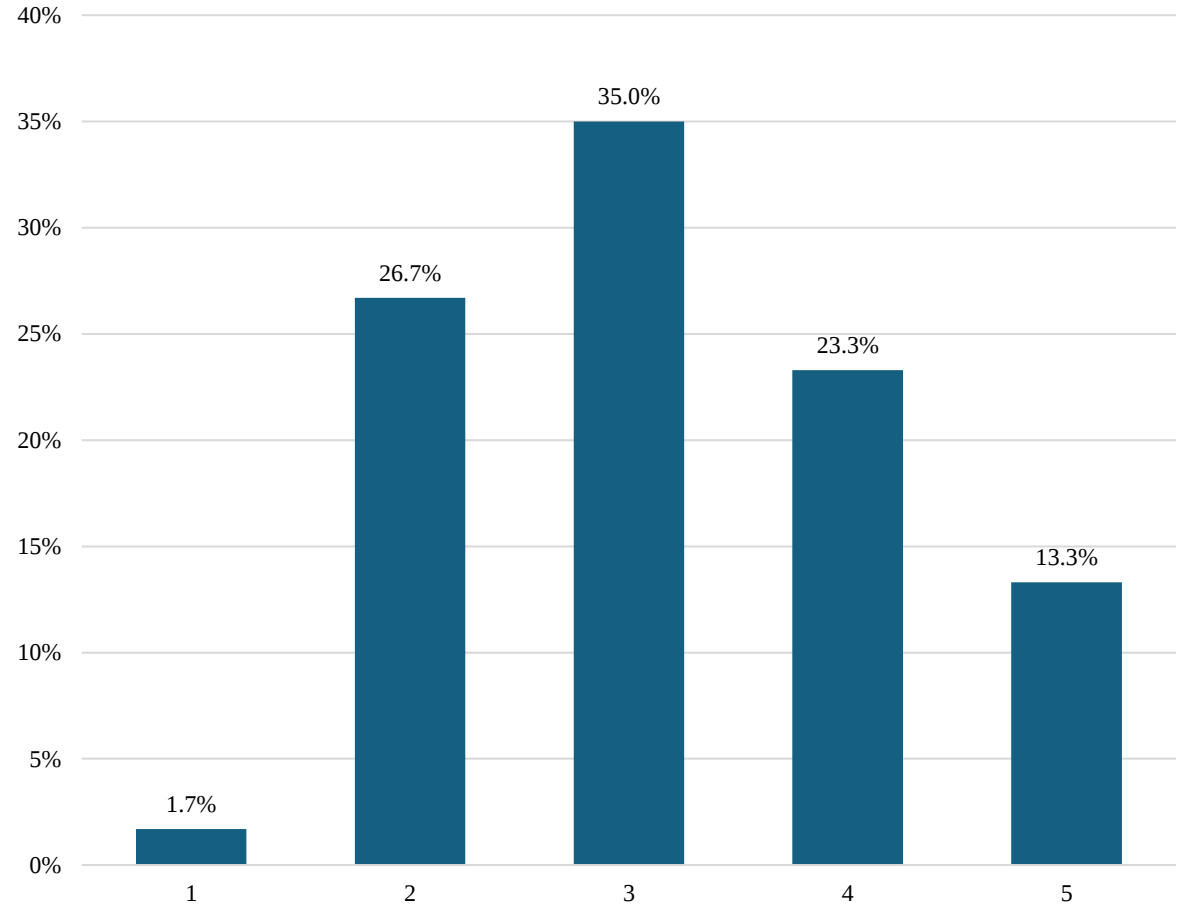
Study on medication 'with food': 49% - soon after a full meal, 8% - on an empty stomach, 30% - within 30 minutes of eating. Correct understanding: 30% - within half an hour of eating, 13% unsure.

Use of Technology



Survey on technology use for health: 2% always, 2% unavailable, 18% most of the time, 41% never, 37% occasionally.

Overall Rating



Participants' self-assessment of overall health literacy: 1.7% rated it as 1, 26.7% as 2, 35% as 3, 23.3% as 4, and 13.3% as 5.

Conclusion

This study sought to assess health literacy levels among older individuals and their impact on healthcare usage. The data show significant disparities in healthcare utilization trends across health literacy groups.

Implications of Findings

➤ Impact on Healthcare Delivery:

- The correlation between health literacy and healthcare utilization
- Can help older individuals.

➤ Targeted Interventions:

- Customized educational programs are essential to address the specific needs of elderly patients with low health literacy.
- Effective communication strategies can lead to better health outcomes and more efficient use of healthcare services.

Recommendations

1. **Health Literacy Programs:**

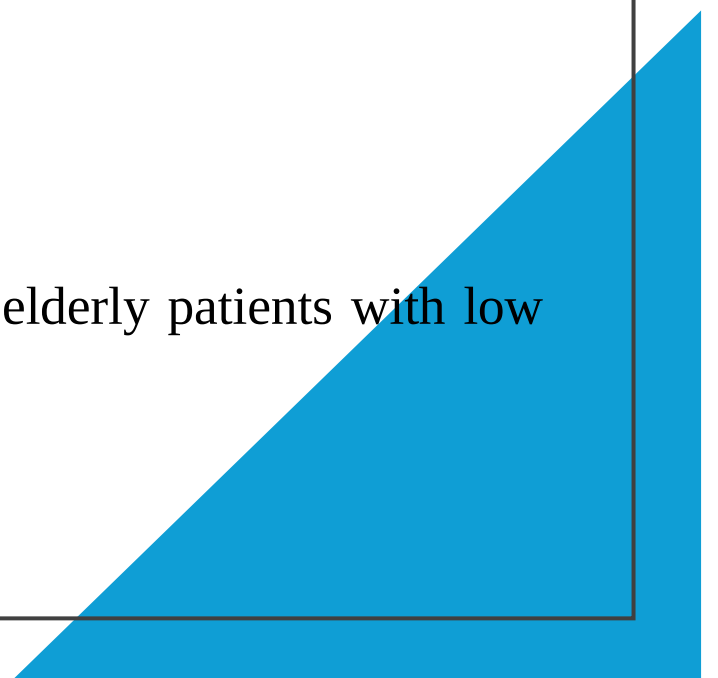
Develop programs to educate seniors on key skills such as interpreting medical instructions, managing prescriptions, and navigating healthcare providers.

2. **Training:**

Regularly train healthcare personnel.

3. **Use of Technology:**

Implement user-friendly apps and online resources designed for elderly patients with low literacy levels.



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THANK YOU