An easily understandable patient letter improves patient health literacy after hospitalisation

**Background**

- Patient information after hospitalisation is insufficient in Germany.
- Limited HL is associated with poor health status/behaviour, increase health care utilisation and associated costs [Jordan & Hoebel 2015].

**Aim:** Does an easily understandable patient information letter improve patient HL?

**Method**

- RCT in 2016/17: patient-letter (intervention, n=242) vs. patient information as usual (control, n=176).
- Main outcome: patient HL (HLS-EU-Q47).

**Results**

- 54% report insufficient information reg. medication at home after discharge.
- 2/3 with inadequate/problematic HL.

**Key messages**

- Our patient letter improves patient HL regarding several HL skills and enables to understand information on:
  - Own disease.
  - Disease-related therapy and health information.

Contact: Karen.Voigt@ukdd.de https://www.researchgate.net/profile/Karen_Voigt