

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

On a scale from very easy (=4) to very difficult (=0), how easy would you say is to ...	Groups	Mean (± SD)	p (t-Test)	Cohens d
... understand the leaflets that come with your medicine	Intervention	2,4 (1,1)	0,003	0,311
	Control	2,1 (1,2)		
... judge how information from your doctor applies to you?	Intervention	2,2 (1,3)	0,019	0,267
	Control	2,0 (1,2)		
... Understand your doctor's or pharmacist's instruction on how to take a prescribed medicine?	Intervention	3,2 (1,1)	0,027	0,232
	Control	2,9 (1,2)		
... find out about activities that are good for your mental well-being?	Intervention	1,7 (1,4)	0,048	0,232
	Control	1,4 (1,4)		

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