

## **8. Examples of Teaching Opportunities by Skill Area for Health Education Instruction**

### **Reading in English**

Reading and understanding medicine labels  
Reading and understanding patient education materials  
Reading and understanding medical and insurance forms  
Reading and understanding information on insurance plans  
Reading and understanding appointment cards  
Reading and understanding pre- and post-operative instructions  
Reading and understanding children's health documents, such as immunization records  
Reading and understanding prescriptions  
Reading and understanding nutrition information  
Reading and understanding legal documents such as informed consent, release of information, and "do not resuscitate" forms

### **Speaking and Listening in English**

Describing symptoms and their duration  
Asking questions about diagnosis, treatment, and payment  
Clarifying information  
Requesting and scheduling appointments on the phone and in person  
Requesting alternatives, second opinions, or interpreters  
Understanding oral instructions  
Understanding health education presentations  
Reporting health information to others (including history of a problem, methods of self-treatment, alternative therapies used, etc.)  
Negotiating method of payment

### **Writing in English**

Writing a letter of appeal to a hospital or insurance company  
Writing a letter to a provider requesting a payment plan  
Documenting errors  
Filling out medical and insurance forms  
Writing a personal health journal to record dates of important health occurrences and medications taken with dosages  
Writing health records of family members

### **Numeracy and Mathematics**

- Calculating medicine dosages, frequency, and duration
- Calculating differences between insurance plan costs
- Calculating balance of health care spending account
- Calculating monthly medical bill payments

### **Critical Thinking**

- Deciding between insurance plans
- Deciding between treatments
- Deciding between doctors, clinics
- Determining healthiest behaviors and how to implement them
- Determining when professional medical assistance is needed
- Determining when to use the emergency room
- Weighing benefits vs. drawbacks of medication side effects
- Evaluating different sources of health information

### **Science**

- Learning about internal and external body parts and their functions
- Learning about body systems (e.g., how the immune system works, how blood circulates, etc.)
- Learning about cellular biology
- Learning about viruses and bacteria
- Learning various aspects of chemistry (e.g., drug dosing and interactions, nutrition, metabolism, effects of household chemicals on health, etc.)
- Learning about health implications of genetics
- Learning how vaccines work
- Learning how different medical tests and screening devices work (e.g. x-rays, magnetic resonance imaging [MRI], TB skin testing, etc.)

### **Social Studies**

- Learning about advocacy skills for yourself, family, or community
- Researching and contacting available government and community health and health care resources
- Analyzing patient and provider rights and responsibilities (for example, should each doctor have to pay for interpreters to be available for patients?)
- Writing to a political representative to express an opinion on a health care policy issue

Learning about health care legislation, e.g., Mental Health Parity Law,  
Americans with Disabilities Act, 1964 Civil Rights Act  
Creating a proposal for changes to the U.S. health care system  
Identifying stakeholders in the health care industry and analyzing  
their viewpoints on key issues  
Debating different sides of an issue, e.g., 1) Should health care be  
managed by the government or private industry? Or 2) Should  
insurance cover alternative treatments or mental health care  
the same way it covers traditional physical health care?  
Comparing different cultural practices in health and healthcare  
Examining different health-related events in U.S. history, e.g., The  
Tuskegee Experiment, The Love Canal, the history of the  
tobacco industry

### **Computer Literacy**

Learning to use the Internet as an information source  
Evaluating and comparing the information you find on the Internet  
Accessing a medical database (e.g., MedlinePlus)  
Using Internet search engines  
Sending inquiries by e-mail  
Downloading and filling out medical or insurance forms  
Typing a letter of appeal to a health care provider or insurance  
provider in a word processing program