

Letramento em saúde e nutrição:

Instrumentos de medição

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XVI Semana Universitária-UECE 2011



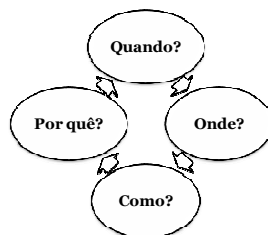
Laboratório de Nutrição em Doenças Crônicas

Considerações Iniciais

- Letramento em Saúde é um processo contínuo.
- Nenhum instrumento consegue mensurar a totalidade do que significa letramento.
- Cada tipo de paciente sugere uma estratégia diferente.
- Responsabilidade com o paciente e com a informação calculada.

Para quê calcular letramento?

- Identificar em relação à mudança:



- Triagem

Para quê calcular letramento?

- Indivíduos com letramento marginal ou inadequado:
 - Tomará medicação de forma errada
 - Não conseguirá seguir tratamentos ou dietas prescritas



Características dos instrumentos

- Fácil aplicação
- Pouco tempo de aplicação
- Barato
- Ser bem aceito pelos participantes
- Respalda intervenções
- A maioria exige autorização para utilização e reprodução

Tipos

- Genéricos x Específicos
- Leitura x Compreensão x Numeramento

Instrumentos

SILS

- Single Item Literacy Screening
- "How often do you need to have someone help you when you read instructions, pamphlets, or other written material from your doctor or pharmacy?"
- Respostas possíveis: 1-Never, 2-Rarely, 3-Sometimes, 4-Often and 5-Always.
- Respostas acima de 2 (Rarely): indicativas de algum grau de dificuldade.

REALM

- Rapid Estimate of Adult Literacy in Medicine
- Sequencia de 66 palavras relacionadas à saúde
- Rápida aplicação (3 minutos)
- Ex:
 - Fat Osteoporosis Anemia Colitis
 - Flu Allergic Fatigue Constipation
 - Pill Jaundice Directed

REALM

- Pontuação:
- 0-18: < 4º ano. Não vai ser capaz de ler a maioria dos materiais
- 19 – 44: 5º ao 7º ano. Precisar de materiais destinados a pessoas com baixo letramento
- 45-60: 8º ao 9º ano. Vai conseguir lidar com a maioria dos materiais, principalmente os destinados a pessoas de baixo letramento sem se ofender.
- 61-66: Ensino médio. Vai conseguir lidar com a maioria dos materiais

TOFHLA

- Test of Functional Health Literacy in Adults
- TOFHLA em inglês e espanhol
- S-TOFHLA (Versão curta)
- Brief TOFHLA

TOFHLA

- Avalia compreensão e habilidade com números
- Tempo previsto de aplicação: 10-12 min

Habilidade com Números



17 questões

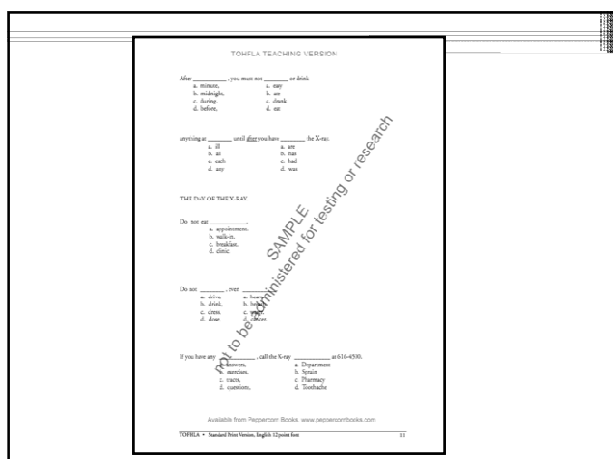
Uso de Medicamentos
Monitoramento de glicemia
Agendamento de consulta

Compreensão



50 questões - 3 tópicos

Preparo de exame – 16 questões
Direitos e responsabilidades – 20 questões
Termo de concordância – 14 quesitos



TOFHLA

• Pontuação:

- Numeração → 17 quesitos = 50 pontos
- Compreensão → 50 quesitos = 50 pontos
- Total: 100 pontos

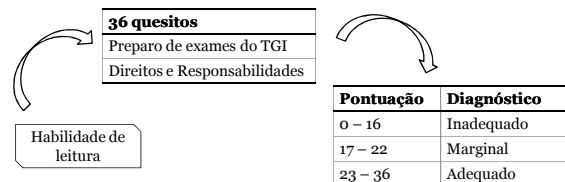
• Inadequado: 0 – 59 pontos

• Marginal: 60 – 74 pontos

• Adequado: 75 – 100 pontos

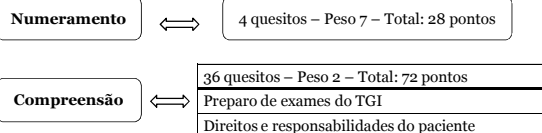
S -TOFHLA

- É recomendado para triagem ou para desenvolvimento de um programa de educação
- Aplicação de 7 minutos.



Brief TOFHLA

- Utilização: quando se necessita verificar o letramento, mas não se quer utilizar a versão longa



Brief TOFHLA

Pontuação	Diagnóstico
0 – 53	Inadequado
54 – 66	Marginal
67 – 100	Adequado

NLS

- Nutritional Literacy Scale
- Foi construído com base no TOFHLA, ou seja, também utiliza o sistema de Cloze
- Não inclui numeramento.

"Losing _____ can be a challenge".
(A) weight (B) calories (C) fiber (D) vitamins

NLS

- **28 itens: frutas e hortaliças, controle de gordura, usos de vitamina D etc.**

Pontuação	Diagnóstico
0 – 7	Inadequado
8 – 14	Marginal
15 – 28	Adequado

NVS

- **Newest Vital Sign**
- **Útil para triagem clínica, mas menos recomendado para pesquisa científica**
- **Único com utilização livre**
- **Tempo de aplicação: 3 minutos**

Figure 1A. The nearest vital sign – English.

Nutrition Facts	
Serving Size	1/2 cup
Servings per container	4
Amount per serving	
Calories 250	Fat Cal 120
	%DV
Total Fat 13g	20%
Sat Fat 9g	40%
Cholesterol 28mg	10%
Sodium 55mg	2%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	
Sugars 23g	
Protein 4g	8%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Drown Sugar, Vanilla, Peanut Oil, Sugar, Butter, Salt, Carraigeenan, Milkfat, Extra Extract.

Note: This page serves as the first English version of the nearest vital sign. The topic is "Nutrition Facts" and the nearest vital sign is "Calories". Please read the instructions carefully and select the questions about it. If you do not understand the instructions, please ask the teacher for help.

Figure 1B. Questions and answers sheet for the nearest vital sign – English.

ANSWER CORRECT?	
YES NO	
READ TO SUBJECTS This information is on the back of a container of 1/2 cup of ice cream.	
QUESTIONS	
1. If you eat the entire container, how many calories will you eat?	
Answer: 1 (100) is the only correct answer.	
2. If you are allowed to eat 60 g of carbohydrates is it OK, too much or even should you abstain?	
Answer: Any of the 3 options is correct.	
3. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
4. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
5. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
6. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
7. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
8. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
9. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
10. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
11. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
12. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
13. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
14. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
15. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
16. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
17. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
18. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
19. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
20. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
21. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
22. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
23. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
24. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
25. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
26. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
27. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
28. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
29. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
30. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
31. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
32. If you eat 100 grams of ice cream, how many calories will you eat?	
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33. If you eat 100 grams of ice cream, how many calories will you eat?	
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40. If you eat 100 grams of ice cream, how many calories will you eat?	
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41. If you eat 100 grams of ice cream, how many calories will you eat?	
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42. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
43. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
44. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
45. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
46. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
47. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
48. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct answer.	
49. If you eat 100 grams of ice cream, how many calories will you eat?	
Answer: 100 is the only correct	

NVS

Pontuação	Diagnóstico
0 – 1	Alta possibilidade de letramento inadequado
2 – 3	Possibilidade de letramento inadequado
4 – 6	Letramento adequado

MÃOS À OBRA!!