Learning Assessment
Questions and Observations

Answers to the questions in this table will help you individualize teaching. They reveal an understanding of the person’s experiences with health care, learning needs and readiness, learning styles, health and cultural beliefs, comprehension and application of the information, skill performance, and adherence to treatments. Ask only a few questions during each interaction so you don’t overwhelm the person.

<table>
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<th>Categories</th>
<th>Questions / Observations</th>
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| Previous Health Instruction & Experience in Health Care | ▪ Please tell me about your health problem (illness). How can I help?  
▪ What do you know about ____________?  
▪ What have you been told about your condition?  
▪ What have you been doing for your condition (illness) in the past? (now)?  
▪ What are you most interested in learning now? What would you like to learn first?  
▪ What do you need to know before you do ____? (self-care)  
▪ How have you and your family been dealing with your condition?  
▪ How should a person be treated for this condition?  
▪ What questions do you have? |
| Learning Needs / Readiness to Learn | ▪ What do you want to know more about?  
▪ What does your health problem do to you? How does it work?  
▪ Why do you think it started when it did?  
▪ How severe is your health problem?  
▪ How long do you think it will last?  
▪ What do you think will be the major effects of your health problem on you and your family?  
▪ What have you been doing for yourself to care for your condition?  
▪ What kinds of problems do you have when doing this care?  
▪ What things will help or hinder your care at home? |
| Health Beliefs & Cultural Practices | ▪ What do you think caused your health problem?  
▪ What bothers or concerns you most about your health problem?  
▪ What issues have your health problem caused you?  
▪ What do you fear most about your health problem?  
▪ What does your health problem mean to you?  
▪ What kind of treatment do you think you should receive?  
▪ What are the most important results you hope to get from this treatment?  
▪ Who in the family / community gives you health advise? How does your family help? |
| Comprehension & Application of Health Information | ▪ What don’t you understand as well as you would like to?  
▪ Do you usually follow directions as given or do you change them to suit yourself?  
▪ What helps you understand and remember what you have read or learned?  
▪ Once you understand something, to what extent do you try to use |
The information or apply it to everyday situations?
- What do you think would happen if ________?
- What would you do if ________?
- How would you know if ________?
- Who would you call if ________?
- How would you explain your condition and treatment to ________?
- How confident are you, on a scale of 1 to 10, that you can _____?
- How confident are you, on a scale of 1 to 10, that you will _____?

### Performing a Skill
- How easy do you think it will be for you to learn how to do this skill?
- How do you ______? (fill in the blank with the required skill)
- How would you describe your ability to learn this skill?
- How would you describe your reaction to doing this skill?
- How would you describe your physical ability to do this skill?
- How much practice do you usually need to learn a new skill?
- Show me how you would ________.

### Adherence
- How did you ________? (fill in blanks with a self-care activity, such as taking medication)
- Many people find it difficult to remember or do _________. How did it go for you?
- When are you most likely to forget to ________? How will you handle this problem next time?
- What do you think is the hardest part about ________?
- Most people find changing a behavior is difficult. What problems do you think you might have?
- What will you do differently next time?
- Who can help you with this?
- What would help you manage _____?
- Describe what you are going to do.

### Financial & Other Resources
- Do you have a need for financial assistance for your treatments?
- Do you have the necessary equipment?
- Do you need any community resources?

Most accreditation organizations have standards that address patient education and the assessment of a person’s learning needs and readiness to learn. The standards expect that education of the patient is appropriate to the patient’s needs, abilities, and that content is understandable. It is expected that the assessment of learning needs includes:

- Health, cultural and religious beliefs
- Emotional barriers
- Learning needs
- Readiness to learn
- Preferences for learning
- Desire and motivation to learn
- Physical and cognitive limitations
- Barriers to communication (language, literacy)