

Effective health education strategies for Asian older adult English language learners

AUTHORS: Carmen Rong*, Michael Rosenthal

TOPIC/TARGET AUDIENCE: Teaching Strategies / Health Educators

ABSTRACT: The goal of this project was to learn how to best deliver health education and maximize knowledge retention in the Asian older adult English language learner (ELL) population. OHSU School of Nursing students noticed numerous distractions that hindered engagement, and thus possibly retention, during education presentations delivered at a local Asian community center.

We designed and delivered a presentation introducing symptom management of three autoimmune diseases using different teaching strategies, and evaluated learning. Strategies included use of an interactive video, PowerPoint lecture, and skit demonstration. We administered a pre-test assessing existing symptom management knowledge and a post-test assessing retention of knowledge presented.

Based on post-test results, skit demonstration was more effective than interactive video than PowerPoint lecture in terms of knowledge retention. However, small sample size limits further statistical analysis. Incorporating living room language in presentations, using prompting questions, walking to different sections of the audience, and eliminating distractions may also increase effectiveness of health education.

Suggestions of future research include obtaining larger sample size and narrowing the curriculum to education on a single condition. This project is an additional contribution to understanding how to best maximize the benefits of health education in order to foster positive health outcomes.

OBJECTIVE(S):

- Describe at least one effective health education teaching strategy for Asian older adult English language learners.
- Discuss culture, language, and age-related barriers to knowledge retention in Asian older adult English language learners.

PRIMARY CONTACT INFORMATION:

Carmen Rong, BS

Student

Oregon Health & Science University

5039289228 | rong@ohsu.edu