

Navigating the Challenges of Health Literacy Integration in Nursing: Effects on Cardiac Patient Mental Satisfaction in Low-Resource Settings

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Improving patient outcomes requires incorporating health literacy into nursing practice, especially for cardiac patients in low-resource settings. This study looks at the difficulties nurses have in putting health literacy techniques into practice and how they affect cardiac patients' emotional satisfaction. The ability to get, comprehend, and apply health information is known as health literacy, and it is crucial for enabling patients to manage their health successfully. The successful incorporation of health literacy into nursing practice is severely hampered in low-resource areas by obstacles like a lack of educational resources, insufficient training, and systemic issues with healthcare. This study finds critical nurse interventions that help raise health literacy and boost patient satisfaction through a thorough literature review and qualitative analysis. The suggested model strongly emphasizes the value of health literacy testing, specialized teaching methods, a caring medical setting, and frequent patient satisfaction surveys. The results imply that improving health literacy substantially raises patients' mental contentment and involvement in their care and improves their comprehension of their medical issues. This study emphasizes how critical health literacy instruction is to be included in nursing education programs and that healthcare systems provide funding for health literacy programs. Nurses can significantly improve patient satisfaction and health outcomes in cardiac care by overcoming the obstacles related to health literacy integration, which will eventually improve healthcare delivery in areas with limited resources.

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Highlights

Integrating health literacy into nursing practice is essential for improving cardiac patient outcomes, especially in low-resource settings. This study highlights key challenges such as inadequate resources and training while proposing a model that includes health literacy assessments, tailored interventions, supportive environments, and regular outcome evaluations. Enhancing health literacy significantly boosts patient satisfaction and engagement. Future research should focus on targeted interventions to further improve nursing education and patient care.

Introduction

Individuals in low-resource environments are disproportionately affected by cardiovascular diseases (CVD), which continue to be the world's leading cause of

morbidity and mortality. The World Health Organization (WHO) reports that more than 80% of fatalities from CVD take place in low- and middle-income countries (LMICs), where access to high-quality care is generally restricted and healthcare infrastructure is frequently poor. Patients with heart disease usually have a difficult time comprehending their diagnosis, available treatments, and self-management techniques in these settings. Empowering patients and enhancing health outcomes depend heavily on health literacy, which is accessing, analyzing, and comprehending the fundamental health information required to make wise health decisions. Regrettably, insufficient health literacy is a widespread problem, especially among groups with less resources and education.¹

Since nurses often represent the first contact that a patient has within the healthcare system, their involvement in health literacy is critical. However, numerous barriers exist when embedding health literacy in nursing practice, especially in low-resource settings. The ability of nurses

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to successfully communicate health information can be hampered by obstacles like inadequate training, a lack of suitable educational resources, and systemic problems like high patient-to-nurse ratios and little time for patient education.² Furthermore, focused therapies catered to the requirements of specific patients may be hampered by the absence of standardized instruments for evaluating health literacy in nursing practice.²

Studies have demonstrated that patients with more health literacy experience better health outcomes, including better adherence to treatment regimens, lower rates of hospitalization and satisfaction with care.³ The level of health literacy the patient possesses greatly contributes to influencing mental satisfaction by providing knowledge or enhancing patient activation as they follow all the suggestions rendered to them to adhere and develop good health outcomes in general. Understanding cardiac patients' conditions and treatment plans is essential for making informed decisions about their health and lifestyle changes.³

This study aims to explore the challenges of integrating health literacy into nursing practice and its effects on the mental satisfaction of cardiac patients in low-resource settings.

This research aims to enhance the capacity of nurses to support their patients in managing cardiac conditions effectively by identifying specific barriers and proposing a conceptual model for effective health literacy integration. The issue of health literacy in nursing practice is more than just enhancing patient education. It is also critical for improving the health outcomes and satisfaction of patients with cardiac disease.⁴

Model Development

This study proposes a conceptual model focusing on key components influencing health literacy, nursing interventions, and patient mental satisfaction to address the challenges of integrating health literacy into nursing practice. The model consists of the following elements:

Health Literacy Assessment

Nurses should routinely assess the health literacy levels of cardiac patients to tailor educational interventions. Tools such as the Newest Vital Sign (NVS) or the Rapid Estimate of Adult Literacy in Medicine (REALM) can provide insights into patients' comprehension skills.⁵

Tailored Nursing Interventions

Effective Patient Education Techniques include simplifying complex medical concepts and treatment plans by developing easy-to-understand pamphlets and

visual aids. Reinforce understanding through the teach-back method, where patients explain health information in their own words. Enhance engagement with interactive education strategies, such as role-playing or simulation scenarios, to actively involve patients in their care and ensure comprehension.⁵

Supportive Healthcare Environment

Encourage a healthcare culture that prioritizes patient education and involvement by allowing enough time to answer patients' questions and address their concerns. Emphasize a teamwork approach where multidisciplinary teams collaborate to improve health literacy.⁵

Outcome Evaluation

Regular assessment of patient mental satisfaction should be conducted through surveys and qualitative interviews. Tools such as the Patient Satisfaction Questionnaire (PSQ) can help measure satisfaction levels effectively.⁵

Feedback Loop

Develop ways to solicit and integrate patient feedback into practice to continually improve educational materials and strategies.

Conclusion

Integration of health literacy in nursing practice will play a very significant role in improving the level of mental satisfaction among cardiac patients in low-resource settings. It has been observed that significant challenges include scarce resources and training that hinder the integration of health literacy. Nurses can enhance patient engagement and satisfaction by tailoring nursing interventions and conducting routine assessments and providing a supportive healthcare environment. Improving health outcomes is therefore essential in addressing these challenges so that comprehensive care for patients with cardiac disorders is provided. Future research in this area will focus on the development of targeted interventions to improve health literacy in nursing practice, especially in resource-limited settings, and to evaluate their effect on patient satisfaction and health outcomes.

Author Contributions

KS and AS Writing the draft and critically reviewing the literature; KS: Revision of the draft for important intellectual content.

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