



Sidra Medicine 3rd Health Literacy Conference Agenda

**Health Literacy-connecting the dots:
Factors Associated with Health literacy**

Saturday 14th, October 2023

TIME	TOPIC
7:30AM – 8:30AM	Arrival Registration
8:30AM – 9:30AM	<p>Pre-conference Workshops</p> <p>a. Health Literacy Red Flags</p> <p>Speaker: Dr. Hussain Ali A Al-Sharshani, Medicine Patient educator – Hamad Medical Corporation</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> It is imperative that healthcare providers ensure the confirmation of patient understanding To ensure patients' understanding, it is imperative to engage them in the decision-making process Identify indicators of low literacy proficiency and propose corresponding corrective measures Strategies for healthcare professionals to optimize patient communication & understanding To learn from one another's experiences and to acquire ideas about health literacy red flags <p>b. Social Media Influence on Health Literacy</p> <p>Speaker: Fathea Adheir, Director – Pharmacy, Sidra Medicine</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> To raise awareness about the impact of social media on health literacy and how it influences people's health-related decisions To help participants understand the potential benefits and risks of using social media as a source of health information To explore the role of influencers and celebrities on social media in shaping health perceptions and behaviors To empower participants to use social media platforms responsibly and ethically when discussing health-related topics To facilitate discussions on the potential ways social media can be harnessed to promote accurate health information and improve health literacy

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9:30AM – 9:45AM	<p>Welcome and Opening Remarks:</p> <p>Dr. Ahmed Al Hammadi – Chief Medical Officer, Sidra Medicine</p> <p>Prof. Ibrahim Janahi – Chairman and DIO, Department of Medical Education, Sidra Medicine</p> <p>Amal Alfarsi – Manager, Health and wellness Education Department, Sidra Medicine</p>
9:45AM – 10:15AM	<p>Factors effecting health literacy in patient populations and how to improve health outcomes</p> <p>Speaker: Dr. Tahir Turk, Dow University of Health Sciences, School of Public Health.</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> Health literacy definition Determinants of poor health literacy from the literature Impact of poor health literacy on patient's health-seeking behavior and health outcomes Strategies and recommendations for healthcare providers to improve patient health literacy and health outcomes Discussion
10:15AM – 11:45AM	<p>Connecting the Dots... Nursing, Midwifery and Health Literacy</p> <p>Speaker: Helen Sutherland, Clinical Nurse Manager – Clinical Education and practice development, Sidra Medicine</p> <p>Joy Kiat-Floro, Clinical Nurse Educator – Practice Development, Sidra Medicine</p> <p>Mohammed Amer, Clinical Nurse Educator Practice Development, Sidra Medicine</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> Describe the barriers for Nurses and Midwives providing care for patients with low Health Literacy Outline scenarios where patient outcomes have been affected by limited health literacy

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10:15AM – 11:45AM	<ul style="list-style-type: none"> Review the literature related to Health Literacy in Nursing Appraise evidence base and models Discuss incorporating Health Literacy content into Nursing and Midwifery education and practice Define effective communication techniques when low health literacy is recognized
11:45AM – 12:15PM	<p>Is health literacy the cultural shift we need to reduce healthcare associated infections?</p> <p>Speaker: Ogra Marufu, Manager – Infection Prevention and Control, Sidra Medicine</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> Discuss the importance of health literacy within the context of infection prevention and control Highlight how health literacy is a strong predictor of patient engagement in the implementation of infection prevention measures Explore how health literacy significantly contributes to the reduction of healthcare associated infections
12:15PM – 12:45PM	<p>Mental Health Literacy: Social Work's Role in connecting the dots in Mental Health treatment</p> <p>Speaker: Dionne Sears, Manager – Social Work, Sidra Medicine Tara Farley, Supervisor – Social Work, Sidra Medicine</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> To understand the relationship between Health Literacy and Mental Health Literacy To understand how Mental Health Literacy influences attitudes and beliefs to seeking mental health treatment To highlight Social Work's role in Mental Health literacy Social Work as Qatar's partners to improving Healthcare through Mental Health literacy
12:45PM – 1:30PM	<p>Break Health literacy Exhibition</p>

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1:30PM – 2:00PM	<p>Social stigma as a barrier to health literacy in gestational diabetes</p> <p>Speaker: Dr. Suruchi Mohan, Attending Physician – Obstetrics, Sidra Medicine</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> Discuss the importance and effectiveness of engaging women with gestational diabetes in managing their condition Identify the barriers arising from social stigma, faced when attempting to engage women in diabetes care Discuss the importance of overcoming disease related social stigma to facilitate health literacy and improve patient outcomes
2:00PM – 2:30PM	<p>Health literacy as a determinant of children and adolescents' health behaviors and lifestyle: Tackling Obesity</p> <p>Speaker: Dr. Ghadir Fakhri Al Jayyousi-Alsalm, Assistant Professor of Health Education and Promotion, Qatar university</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> Highlight the factors associated with children and adolescents' health literacy Recognize the role of health literacy in shaping the health behaviors and lifestyle of children and adolescents. Explain the power of health literacy in tackling overweight and obesity among children and adolescents Discuss effective strategies to enhance health literacy among children and adolescents
2:30PM – 3:00PM	<p>Health Literacy for the Pediatric Patients</p> <p>Speaker: Mikki Ellen Huckett, Specialist – Child Life Services, Sidra Medicine Jennifer Lugg, Specialist – Child Life Services, Sidra Medicine</p>

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2:30PM – 3:00PM	<p>Learning objective(s):</p> <ul style="list-style-type: none"> Gain understanding of the value of inclusion for children in their health care journey Identify the impact of development on patient engagement and understanding Gain knowledge and awareness of resources in use to promote patient education and understanding
3:00PM – 3:30PM	<p>Journey of Health Literacy at Sidra: Impacts and Outcomes on Quality, Safety and Patient Experience</p> <p>Speaker: Dina Schnurman, Acting Executive Director Quality and Patient Safety, Sidra Medicine</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> Review the Health Literacy journey at Sidra Discuss key changes made to improve safety through a Health Literacy lens Identify ongoing projects and interventions that include Health Literacy Discuss future opportunities to drive quality, safety and experience
3:30PM – 4:00PM	Coffee break
4:00PM – 4:30PM	<p>Patient and Family understanding of physiotherapy journey for children undergoing Single Event Multilevel Surgery (SEMLS) at Sidra</p> <p>Speaker: Hazel Pangan, Physical Therapist II, Sidra Medicine</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> SEMLS requires full participation from family and patient to ensure best outcomes Patient and family levels of understanding of the different stages of the journey, including their understanding of exercises, equipment and activity advice and education from physiotherapists, impact on rehabilitation Understanding if, what and why there are gaps in understanding will enable Sidra Physiotherapy to improve our support to these children and their families

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4:30PM – 5:00PM	<p>Digital Health Education: Evidence-based Approaches for Improved Health Literacy and Person – Centered Care</p> <p>Speaker: Wisal Salih, Senior Lecturer, College of Health Sciences, University of Doha for Science and Technology</p> <p>Learning objective(s):</p> <ul style="list-style-type: none"> Discuss the significance of Digital Health Education in improving patients' health literacy Describe the World Health Organization global guidance on Digital Health 2020 - 2025 and its strategic objective of advancing digital health literacy Discuss key educational recommendations to support the development of digitally literate and empowered patient and health educator Discuss local and international examples of innovative digital health education endeavors to support person-centered literacy and care
5:00PM – 5:30PM	Panel Discussion
5:30PM – 6:00PM	<ul style="list-style-type: none"> Health Literacy Exhibition Winner Announcement Wrap-up & Closing Remarks QR code attendance scan

