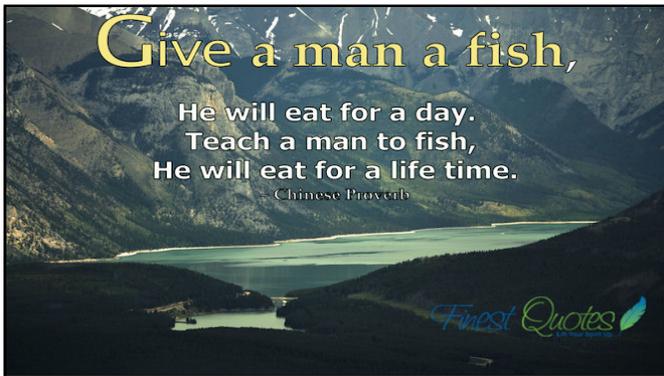




PTimize
OPTA'S LECTURE SERIES
& RESEARCH SHOWCASE

The Use of "Ask Me Three" as a Health Literacy Tool:
 A Population Health Approach
 Jane Keehan PT, PhD, OCS



Give a man a fish,
 He will eat for a day.
Teach a man to fish,
 He will eat for a life time.
 Chinese Proverb

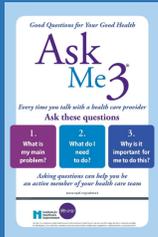
Finest Quotes

What is Ask Me 3?
 2007 Institute for Health Care Improvement (IHI) and National Patient Safety Foundation

Allows people to be more involved in their own health and own wellness.

Can Address the **Three levels of practice**
 Systems-focused
 Community-focused
 Individual-focused

Self efficacy



Teach Back vs. Ask Me 3

Teach-back

Teach-Back Humor

Good Questions for Your Good Health

Ask Me3™

Every time you talk with your doctor, nurse, or pharmacist, ask these questions

- 1 What is my main problem?
- 2 What do I need to do?
- 3 Why is it important for me to do this?

Remember: Ask about your health, not just your illness.

How does Ask Me 3 Fit with Population Health?

Wedge	Definition	Example
Screening & Outreach	Identifies and reaches out to individuals with unrecognized health risk factors or diseases	Guidelines for falls management (Ailin et al, 2015)
Referral & Follow-up	Assists individuals, families, communities to identify and access resources to prevent or resolve concerns	Family violence referral by PTA (Dalton, 2009) or resolve concerns
Health Coaching & Teaching	Communicates to change knowledge and behaviors; establishes relationships to enhance capacity for self-care	Tobacco cessation counseling (Pignatari et al, 2012)

How does this apply to the PT profession?

“Transforming society by optimizing movement to improve the human experience.”

- Thinking big picture.....

Transform
Inspire
Challenge

Resources

- AHRQ Universal Toolkit <https://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/index.html>
- Brega, A. G., Barnard, J., Mabachi, N. M., Weiss, B. D., DeWalt, D. A., Brach, C., West, D. R. (2015, February). *AHRQ health literacy universal precautions toolkit* (2nd ed.). Retrieved from <http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/index.html>
- Giuffre SM, Domboldt E, Keenan J. Beyond the individual: population health and physical therapy. *Physiother Theory Practice*. 2018; doi.org/10.1080/09593985.2018.1490364 (online in advance of print publication)
- Health Literacy Universal Precautions Toolkit, 2nd Edition. Agency for Health Research and Quality. Accessed 9-5-18. <https://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/index.htm>.
- Institute for Health Care Improvement. Ask Me 3: Good Questions for Good Health. Accessed 9-5-18. <http://www.ihc.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx>
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- Koh, H. K., Berwick, D. M., Clancy, C. M., Baur, C., Brach, C., Harris, L. M., & Zerhusen, E. G. (2012). New federal policy initiatives to boost health literacy can help the nation move beyond the cycle of costly "crisis care." *Health Affairs (Millwood)*. 31(2), 434-443. doi:10.1377/hlthaff.2011.11
