THE IMPORTANCE OF HEALTH LITERACY IN THE MANAGEMENT OF THE THERAPEUTIC REGIMEN: PERCEPTIONS, DIFFICULTIES, AND STRATEGIES

Sandra Laia Esteves
Master and Specialist in Community Nursing, Graduated in Health Literacy, Graduated in Health Management
Lisbon, Portugal

ABSTRACT

Introduction: Regime Management (RRM) is a type of medication adherence behavior. The (elderly) population lacks skills necessary to understand and make health care decisions or follow instructions about medication use. Patients with low levels of Health Literacy (HL) show enormous difficulties in understanding medication use and therapeutic indication. These behaviors may indicate medication switching, increased errors in taking and dosage. The implementation of educational strategies favors the empowerment of the user in the access to information, understanding and application in decision making, an adequate and safe therapeutic adherence.

OBJECTIVES

To describe the relationship of scientific evidence of GRT with the perceptions and difficulties that users have in a real context and what strategies they use to manage their medication.

RESULTS AND DISCUSSION

The results obtained were cross-sectional to international studies, with users with low levels of LS being more likely to misinterpret medication labels, compromising their safety.

CONCLUSIONS

The correct use of information about the medicine promotes higher levels of LS: adherence, empowerment of users to an adequate and safe GRT.

KEY WORDS

Therapeutic regimen management, Communication, Empowerment, Health literacy.