



THE IMPACT OF NURSE-LED HEALTH SCREENINGS IN EARLY DETECTION AND PREVENTION OF CHRONIC DISEASES

Fahad Khamis K. Alshammari¹, Mansur Alhifawi S Alrawili², Alanazi, Radhi Hamoud M³, Alenezi, Fahad Murshed T⁴, Mariam salem mayofe alrwaily⁵, Alanazi Ahmed Matar⁶, Fatimah Abduiaziz Alanazi⁷, Hayam Affat Hindi Alanazi⁸, Abdulmuslih Ashwi Madhi Alruwaili⁹, Heba Abdulla E Alruwili¹⁰

Abstract:

Chronic diseases, such as cardiovascular disorders, diabetes, and certain types of cancer, pose a significant public health challenge worldwide. Early detection of these conditions is crucial for effective management and improved patient outcomes. Nurses, as frontline healthcare providers, play a vital role in conducting health screenings, identifying risk factors, and providing preventive interventions. This review synthesizes current literature on the impact of nurse-led health screenings in various healthcare settings, including primary care clinics, community health centers, and hospitals. The article discusses the effectiveness of different screening tools and protocols used by nurses, as well as the outcomes of early detection initiatives on patient health and healthcare utilization. Moreover, it examines the challenges and barriers faced by nurses in implementing health screenings and suggests strategies to enhance the uptake and effectiveness of these programs. Overall, the evidence suggests that nurse-led health screenings are instrumental in promoting early detection, improving health outcomes, and reducing the burden of chronic diseases on individuals and healthcare systems.

Keywords: Nurse-led, Health screenings, Early detection, Chronic diseases, Prevention, Healthcare interventions

¹*Nursing Specialist, Rafha Health Sector, Saudi Arabia.

²Technician-Nursing, Jadidat Arar General Hospital, Saudi Arabia.

³Nursing technician, Inventory Control Department - Directorate of Health Affairs in the Northern Border Region, Saudi Arabia.

⁴Nursing technician, Inventory Control Department - Directorate of Health Affairs in the Northern Border Region, Saudi Arabia.

⁵Nursing technician, Prince Mutaib bin Abdulaziz Hospital, Sakaka, Saudi Arabia.

⁶Nursing technician, North Medical Tower at Arar, Saudi Arabia.

⁷Nursing technician, Primary Health Care Center in Al-Salhiya Al-Awsat, Arar, Saudi Arabia.

⁸Nursing technician, North Medical Tower at Arar, Saudi Arabia

⁹Nursing technician, Turaif general hospital, Saudi Arabia.

¹⁰Nursing technician, Maternity and Children's Hospital in Arar, Saudi Arabia.

***Corresponding Author:** Fahad Khamis K. Alshammari

*Nursing Specialist, Rafha Health Sector, Saudi Arabia.

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Introduction:

In recent years, there has been a growing emphasis on the importance of early detection and prevention of chronic diseases. Chronic diseases, such as heart disease, diabetes, and cancer, are among the leading causes of death and disability worldwide. Early detection of these diseases can significantly improve outcomes and reduce healthcare costs. Nurse-led health screenings have emerged as a valuable tool in identifying individuals at risk for chronic diseases and providing them with the necessary interventions to prevent or manage their condition [1].

Nurses play a critical role in health screenings by conducting assessments, collecting data, and providing education and counseling to individuals. They are often the first point of contact for patients seeking healthcare services and are well-positioned to identify individuals at risk for chronic diseases. Nurses have the expertise and training to perform various health screenings, such as blood pressure checks, cholesterol tests, and glucose monitoring, to assess an individual's risk factors for chronic diseases [2].

Nurse-led health screenings are typically conducted in a variety of settings, including primary care clinics, community health centers, schools, and workplaces. These screenings are often offered free of charge or at a low cost to encourage participation and reach a broader segment of the population. Nurses work collaboratively with other healthcare professionals, such as physicians, dietitians, and social workers, to develop personalized care plans for individuals based on their screening results [3].

There are many benefits to nurse-led health screenings in the early detection and prevention of chronic diseases. One of the key advantages is the convenience and accessibility of these screenings, which can help individuals overcome barriers to healthcare, such as lack of insurance or transportation. Nurse-led health screenings also provide a holistic approach to healthcare by addressing not only physical health but also mental and emotional well-being [4].

Furthermore, nurse-led health screenings can help reduce healthcare disparities by reaching underserved populations and promoting health equity. By identifying individuals at risk for chronic diseases early on, nurses can intervene with preventive measures, such as lifestyle modifications, medication management, and referrals to specialists, to improve health outcomes and quality of life. Additionally, nurse-led health screenings can help reduce healthcare costs by preventing costly complications and

hospitalizations associated with chronic diseases [5].

The Burden of Chronic Diseases:

Chronic diseases are a significant burden on individuals, families, and healthcare systems worldwide. These diseases, which include conditions such as heart disease, diabetes, cancer, and asthma, are long-lasting and often require ongoing medical treatment and management. The impact of chronic diseases is far-reaching, affecting not only the physical health of those diagnosed, but also their mental and emotional well-being, as well as their financial stability [6].

One of the most significant aspects of the burden of chronic diseases is the impact on individuals and their families. Managing a chronic illness can be physically and emotionally exhausting, often requiring individuals to make significant lifestyle changes and adhere to strict treatment regimens. This can lead to feelings of frustration, anxiety, and depression, as well as a sense of loss of control over one's own body. In addition, the financial strain of managing a chronic illness can be overwhelming, with the cost of medications, doctor visits, and other medical expenses adding up quickly. This can lead to increased stress and strain on individuals and their families, as they struggle to make ends meet while also managing the demands of the illness [7].

Furthermore, the burden of chronic diseases extends beyond the individual and their family, impacting healthcare systems and society as a whole. Chronic diseases are a leading cause of disability and death worldwide, placing a significant strain on healthcare resources and contributing to rising healthcare costs. In addition, the management of chronic diseases often requires long-term care and support, placing further demands on healthcare providers and facilities. This can lead to increased wait times for appointments and procedures, as well as decreased access to necessary treatments and services for those in need [5].

The burden of chronic diseases is also compounded by the fact that many of these conditions are preventable. Lifestyle factors such as poor diet, lack of physical activity, and tobacco use are major contributors to the development of chronic diseases, highlighting the need for greater education and awareness around healthy living. In addition, access to affordable healthcare and preventive services is crucial in helping individuals manage and prevent chronic diseases. However, for many individuals, especially those in low-income and marginalized communities, access to these

resources is limited, further exacerbating the burden of chronic diseases [7].

Addressing the burden of chronic diseases requires a multi-faceted approach that involves individuals, healthcare providers, policymakers, and society as a whole. Greater investment in preventive care and public health initiatives is needed to help individuals reduce their risk of developing chronic diseases. Additionally, there is a need for improved access to affordable healthcare and support services for those already living with chronic illnesses. This includes greater access to medications, medical supplies, and support programs, as well as increased awareness and education around chronic diseases and their management [8].

the burden of chronic diseases is a significant challenge that impacts individuals, families, healthcare systems, and society as a whole. The physical, emotional, and financial toll of managing a chronic illness can be overwhelming, and the strain on healthcare resources is substantial. Addressing this burden requires a comprehensive approach that focuses on prevention, access to care, and support for those living with chronic diseases. By working together to address these challenges, we can help alleviate the burden of chronic diseases and improve the health and well-being of individuals and communities worldwide [8].

Role of Nurses in Health Screenings:

Health screenings are an essential aspect of preventive healthcare, helping to detect potential health issues early on and enabling timely intervention. Nurses play a crucial role in facilitating health screenings, as they are often the frontline healthcare professionals who interact with patients and provide them with information and support throughout the screening process [9].

One of the primary responsibilities of nurses in health screenings is to educate patients about the importance of screening tests and help them understand the significance of early detection. Nurses play a key role in raising awareness about the various types of health screenings available, such as mammograms, Pap smears, blood pressure checks, cholesterol tests, and colonoscopies. By providing patients with information about the benefits of these screenings and the potential risks of not getting screened, nurses can empower individuals to take charge of their health and make informed decisions about their healthcare [10].

In addition to education, nurses also play a crucial role in conducting health screenings and performing various tests. Nurses are trained to administer screening tests accurately and efficiently, ensuring that patients receive reliable results that can help guide their healthcare

decisions. Nurses may also assist healthcare providers in interpreting screening results and communicating them to patients in a clear and compassionate manner. By serving as a bridge between patients and healthcare providers, nurses help facilitate communication and ensure that patients understand their screening results and any follow-up recommendations [10].

Furthermore, nurses are often responsible for coordinating health screenings and ensuring that patients receive the appropriate screenings based on their age, gender, and risk factors. Nurses may work with healthcare providers to develop screening protocols and guidelines, as well as schedule appointments for patients and follow up on missed screenings. By taking a proactive approach to coordinating health screenings, nurses help ensure that patients receive timely and appropriate care, ultimately improving health outcomes and reducing the burden of preventable diseases [11].

In addition to their clinical responsibilities, nurses also play a vital role in providing emotional support and counseling to patients during health screenings. Many individuals may feel anxious or apprehensive about undergoing screening tests, especially if they are worried about the results or have had negative experiences in the past. Nurses can offer reassurance, empathy, and encouragement to patients, helping to alleviate their fears and create a supportive environment that promotes trust and cooperation. By providing emotional support, nurses can help patients feel more comfortable and empowered to participate in health screenings, ultimately leading to better outcomes and increased patient satisfaction [12].

Overall, nurses play a multifaceted role in health screenings, serving as educators, clinicians, coordinators, and emotional support providers. Their expertise, compassion, and dedication are instrumental in promoting preventive healthcare and empowering individuals to take control of their health. By working collaboratively with patients, healthcare providers, and other members of the healthcare team, nurses can help facilitate health screenings that are effective, efficient, and patient-centered, ultimately contributing to improved health outcomes and a healthier population [13].

Effectiveness of Nurse-led Health Screenings:

Nurse-led health screenings have become an increasingly popular method of preventive healthcare in recent years. With the rising costs of healthcare and the growing emphasis on preventive measures, nurse-led health screenings have proven to be an effective way to detect and prevent various health conditions [14].

Health screenings are an important tool in preventive healthcare as they can help detect potential health issues before they become serious problems. By identifying risk factors early on, healthcare providers can intervene and provide appropriate treatment to prevent the progression of diseases. Nurse-led health screenings are particularly valuable as nurses are well-trained in conducting screenings and interpreting results, making them an integral part of the healthcare team [15].

Nurses can conduct a wide range of health screenings, including blood pressure screenings, cholesterol screenings, diabetes screenings, cancer screenings, and more. These screenings are typically quick, non-invasive, and can be performed in a variety of settings such as clinics, hospitals, community centers, and even workplaces. Nurse-led health screenings are often free or low-cost, making them accessible to a wide range of individuals who may not otherwise seek out preventive care [16].

Numerous studies have shown that nurse-led health screenings are highly effective in detecting health conditions early on and improving patient outcomes. For example, a study published in the *Journal of Nursing Research* found that nurse-led health screenings for hypertension led to improved blood pressure control and reduced cardiovascular risk factors in patients. Another study published in the *Journal of Community Health Nursing* found that nurse-led health screenings for diabetes resulted in better glycemic control and reduced complications in diabetic patients [17].

Furthermore, nurse-led health screenings have been shown to increase patient engagement in their own healthcare. By providing patients with information about their health status and risk factors, nurses can empower them to make informed decisions about their health and take steps to improve their overall well-being. This can lead to better adherence to treatment plans, lifestyle changes, and follow-up care, ultimately leading to better health outcomes [18].

While nurse-led health screenings have proven to be effective in improving patient outcomes, there are still challenges that need to be addressed. One challenge is the lack of standardized protocols for conducting health screenings, which can lead to variations in the quality of care provided. Additionally, there may be barriers to access for certain populations, such as those in rural areas or underserved communities [19].

Moving forward, it is important to continue to research and evaluate the effectiveness of nurse-led health screenings and develop standardized protocols to ensure consistency in care.

Collaboration between healthcare providers, policymakers, and community organizations is also essential to address barriers to access and reach underserved populations. By investing in nurse-led health screenings and preventive care, we can improve health outcomes, reduce healthcare costs, and ultimately create a healthier population [20].

nurse-led health screenings are a valuable tool in preventive healthcare that have been shown to be highly effective in improving patient outcomes. By detecting health conditions early on, empowering patients to take control of their health, and promoting engagement in healthcare, nurse-led health screenings can play a crucial role in promoting overall well-being. Moving forward, it is important to continue to invest in nurse-led health screenings, address challenges in access and quality of care, and work towards a healthcare system that prioritizes preventive measures [20].

Outcomes of Early Detection Initiatives:

Early detection initiatives play a crucial role in identifying and addressing various health issues before they escalate into more serious problems. These initiatives involve screenings, tests, and campaigns aimed at detecting diseases and conditions at their early stages. The outcomes of early detection initiatives can have a significant impact on individuals, healthcare systems, and society as a whole [21].

One of the key outcomes of early detection initiatives is the ability to detect diseases in their early stages when they are more treatable. For many diseases, early detection can lead to more successful treatment outcomes and lower mortality rates. For example, early detection of cancer can lead to earlier treatment interventions, resulting in higher survival rates and improved quality of life for patients. Similarly, early detection of chronic conditions such as diabetes and hypertension can help prevent complications and reduce the burden on healthcare systems [22].

Early detection initiatives also play a crucial role in reducing healthcare costs. By detecting diseases early, healthcare providers can implement less invasive and less costly treatment interventions. This can lead to significant cost savings for individuals, healthcare systems, and society as a whole. For example, early detection of cardiovascular diseases through screenings and risk assessments can help prevent costly hospitalizations and surgeries [23].

Furthermore, early detection initiatives can help improve overall population health. By identifying and addressing health issues early on, individuals can lead healthier lives and reduce their risk of developing chronic conditions. This can have a

positive impact on the overall health of communities and reduce the burden on healthcare systems. For example, early detection initiatives for infectious diseases such as HIV and tuberculosis can help prevent the spread of these diseases and improve public health outcomes [24].

In addition, early detection initiatives can help raise awareness about the importance of preventive healthcare and encourage individuals to take proactive steps to maintain their health. By promoting regular screenings and check-ups, early detection initiatives can empower individuals to take control of their health and make informed decisions about their healthcare. This can lead to a shift towards a more preventive healthcare model, where the focus is on preventing diseases rather than just treating them [25].

Overall, the outcomes of early detection initiatives are far-reaching and have a positive impact on individuals, healthcare systems, and society as a whole. By detecting diseases early, reducing healthcare costs, improving population health, and raising awareness about preventive healthcare, early detection initiatives play a crucial role in promoting overall well-being and improving health outcomes for all. It is essential for policymakers, healthcare providers, and individuals to continue to support and prioritize early detection initiatives to ensure a healthier and more resilient society [26].

Challenges and Barriers in Implementing Health Screenings:

Health screenings are an essential component of preventive healthcare, as they can help detect potential health issues early on and allow for timely intervention. However, implementing health screenings can be a challenging task due to various barriers that exist in the healthcare system [27].

One of the main challenges in implementing health screenings is the lack of awareness and education among the general population. Many people may not be aware of the importance of regular health screenings or may not have access to information about the screenings that are available to them. This lack of awareness can result in low participation rates in screening programs, which can hinder the effectiveness of these initiatives [27].

Another barrier to implementing health screenings is the cost associated with them. While some screenings may be covered by insurance, others may require out-of-pocket expenses that can be prohibitive for some individuals. This financial barrier can prevent people from getting the screenings they need, particularly those who are uninsured or underinsured [28].

In addition to cost, logistical barriers can also impede the implementation of health screenings.

This includes issues such as lack of transportation to screening facilities, long wait times for appointments, and difficulty scheduling screenings around work or other commitments. These logistical challenges can make it difficult for individuals to prioritize their health and get the screenings they need [29].

Furthermore, there may be cultural or social barriers that prevent certain populations from accessing health screenings. For example, language barriers, stigma surrounding certain health conditions, or mistrust of the healthcare system can all impact a person's willingness to participate in screening programs. It is important for healthcare providers to be aware of these cultural and social factors and work to address them in order to ensure that all individuals have access to necessary screenings [30].

Despite these challenges and barriers, there are steps that can be taken to improve the implementation of health screenings. One potential solution is to increase awareness and education about the importance of screenings through targeted outreach efforts. This can involve providing information through community events, social media campaigns, or partnerships with local organizations to reach underserved populations [31].

Additionally, efforts can be made to reduce the financial barriers to screenings by expanding insurance coverage for preventive services and offering subsidies or sliding scale fees for those who cannot afford the cost of screenings. Healthcare providers can also work to streamline the screening process and make it more convenient for patients by offering extended hours, telehealth options, or mobile screening units [31].

Addressing cultural and social barriers may require a more nuanced approach, such as providing culturally competent care, offering language interpretation services, or partnering with community leaders to build trust and rapport with underserved populations. By taking these steps, healthcare providers can help ensure that all individuals have access to the screenings they need to maintain their health and well-being [32].

Implementing health screenings can be a complex and challenging process, but it is essential for promoting preventive healthcare and early detection of health issues. By addressing barriers such as lack of awareness, cost, logistics, and cultural/social factors, healthcare providers can work towards improving the implementation of screenings and ultimately improving health outcomes for individuals and communities. It is important to continue to innovate and adapt screening programs to meet the needs of diverse

populations and ensure that everyone has access to the preventive care they need [33].

Strategies to Enhance Nurse-led Health Screening Programs:

Nurse-led health screening programs play a crucial role in promoting preventive healthcare and early detection of diseases. These programs are often implemented in various healthcare settings, such as community health centers, hospitals, and clinics, to reach a wider population and improve health outcomes. However, to make these programs more effective and successful, it is essential to implement strategies that can enhance their impact and reach [32].

One of the most important strategies to enhance nurse-led health screening programs is targeted outreach and education. This involves identifying and reaching out to populations that are at high risk for certain diseases or conditions and providing them with information about the importance of screening and early detection. By targeting specific populations, nurses can increase participation rates in screening programs and ensure that those who are most in need of screening are reached [34].

Collaborating with community partners, such as local health departments, community organizations, and schools, can also enhance nurse-led health screening programs. These partnerships can help nurses reach a wider audience, provide access to resources and funding, and improve the overall effectiveness of the screening programs. By working together with community partners, nurses can leverage their expertise and resources to reach more people and make a greater impact on public health [35].

Utilizing technology can also enhance nurse-led health screening programs. For example, using electronic health records and telehealth platforms can streamline the screening process, improve data collection and analysis, and increase patient engagement. Technology can also help nurses reach patients who may not be able to attend in-person screenings, such as those in remote or underserved areas. By incorporating technology into their programs, nurses can improve efficiency, accuracy, and accessibility of health screenings [35].

Cultural competence is another important strategy to enhance nurse-led health screening programs. Nurses must be sensitive to the cultural beliefs, values, and practices of the populations they serve to ensure that screening programs are effective and well-received. By providing culturally competent care, nurses can build trust with patients, improve communication, and increase participation in screening programs. This can help reduce

disparities in healthcare access and outcomes and improve the overall effectiveness of nurse-led health screening programs [36].

Continuous quality improvement is essential for enhancing nurse-led health screening programs. By regularly evaluating and monitoring the effectiveness of screening programs, nurses can identify areas for improvement, implement changes, and ensure that the programs are meeting their goals and objectives. This can help nurses adapt to changing healthcare needs, improve patient outcomes, and enhance the overall quality of care provided through screening programs [37]. Nurse-led health screening programs play a vital role in promoting preventive healthcare and early detection of diseases. By implementing strategies such as targeted outreach and education, collaborations with community partners, use of technology, cultural competence, and continuous quality improvement, nurses can enhance the effectiveness of their screening programs and improve health outcomes for the populations they serve. By incorporating these strategies into their practice, nurses can make a significant impact on public health and contribute to the overall well-being of their communities [38].

Conclusion:

In conclusion, nurse-led health screenings play a crucial role in the early detection and prevention of chronic diseases. By identifying individuals at risk for these conditions and providing them with the necessary interventions, nurses can help improve health outcomes, reduce healthcare costs, and promote overall well-being. It is essential for healthcare organizations and policymakers to continue to support and invest in nurse-led health screenings to ensure that individuals receive the care and support they need to lead healthy and fulfilling lives.

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