

Microlearning Sessions Activity

HEALTH LITERACY

CITIZENS  **ACCELERATOR**

Activity 1: Find, Understand, Use!

Objective:

- Encourage participants to independently search for health-related information on the Internet, estimate their understanding of found information, and evaluate its reliability and quality

Materials needed:

- laptops / mobile phones
- papers
- pens
- description of situations
- checklists

Duration:

- 30 minutes

Description:

Divide the participants into three groups¹. Each group should be assigned a situation (see 'Situations' below) where they need to find certain health-related information by searching the Internet. While searching, participants should follow the checklist (see 'Checklist' below) to help them evaluate the reliability and quality of the websites and the information they provide.

To address the situation, participants should:

- **Find** the information relevant to their situation and check whether it is reliable and of good quality.
- **Understand** the information by finding further explanations or definitions, discussing the information with other colleagues within the group, or asking the facilitator for clarification.
- **Use** the information to resolve the situation.

¹ Depending on the group size, you can divide participants into more or fewer than three groups.

Situations

Situation 1: Stomach pain

You have been in a Mexican restaurant and now have a moderate stomach ache from spicy food you do not usually eat. Instead of going to the doctor, you want to search the Internet to find information about what you might have in your own home that could help reduce the pain.

1. Search for information using your mobile phone or a laptop.
2. When you find information that might be helpful, check the reliability of the information and website by using the checklist.
3. Within your group, check if everyone understands the information that you have found. If you need further clarification, search for definitions and explanations, or ask the facilitator to help you.
4. Write down what and how you would use this information to help reduce your stomach ache.

Situation 2: Ibuprofen

You have a serious backache and want to take a medicine that will help you reduce the pain. At home, you have found only Ibuprofen, but you are not sure what it is for and whether it will help you with your pain.

1. Search for information about the medicine using your mobile phone or a laptop.
2. When you find information that might be helpful, check the reliability of the information and website by using the checklist.
3. Within your group, check if everyone understands the information that you have found. If you need further clarification, search for definitions and explanations, or ask the facilitator to help you.
4. If you think this medicine is not good for your backache, search the Internet to find another one you can take.
5. Write down which medicine is the best option for your situation.

Situation 3: Family doctor

You have moved to a new country for a new job (*e.g.* Augsburg, Germany) and want to find a family doctor, but you do not know who to ask to help you. You have decided to find a doctor by searching the Internet.

1. Search for information using your mobile phone or a laptop.
2. When you find information about a certain family doctor, check the reliability of the information and website by using the checklist.
3. If you want to find out what other people think about this doctor, check the Google reviews.
4. Within your group, check if everyone understands the information that you have found. If you need further clarification, search for definitions and explanations, or ask the facilitator to help you.
5. Write down which family doctor you would choose and why.



Checklist

Authors/Providers	The authors of the information have their professional qualification(s) listed.	<input type="checkbox"/>
Goal	It is clear from the information who it is aimed at and for what purposes.	<input type="checkbox"/>
Up-to-date	You are able to check if the health information is up-to-date since the date the information was created is displayed.	<input type="checkbox"/>
Comprehensibility	The health information is understandable and clear. Technical terms are explained and facts are presented neutrally.	<input type="checkbox"/>
Financing	The financing of the information (through sponsors, advertising customers, <i>etc.</i>) is disclosed.	<input type="checkbox"/>



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