


Digital health literacy in the training of informal caregivers

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Abstract

Introduction

Health Literacy allows optimizing healthy lifestyles and preventive and protective health behaviors. Providing information for the promotion of better health in involuntary caregivers, overcoming the geographical barrier that social isolation created during the pandemic has become a very present reality. Has the use of information and communication technologies to promote Digital Health Literacy become increasingly current, but are informers able to access and understand it?

Objective

To contribute to the training of informal caregivers through the promotion of digital health literacy, during the period from March to April 2022.

Method

Methodology of health planning, having as a place of intervention a family Health Unit. The context of intervention focused on home visits with as population, the formal caregivers enrolled in this health unit, identified from March 11 to April 30, 2022 (N=14), in a non-probabilistic convenience sample.

Results and discussion

This Community Nursing intervention project was based on the creation of an interactive digital manual aimed at the informal caregiver, addressing the status of the informal caregiver, rights and duties, the health of the informal caregiver, providing links and QRcode to access relevant digital platforms. It was verified throughout the project that almost half of the informal caregivers do not use digital platforms (because they do not know how to use or because they do not have internet at home) and it is necessary to deliver the manual in paper format to 6 informal caregivers. The caregivers who accessed the interactive digital manual evaluated its content as being very important, having accessed the suggested links without difficulty. The digital manual was viewed on average 3.25 times by each person who received the link. The hypothesis of forwarding the manual to other informal caregivers was valid for all.

Conclusions and implications for the development of knowledge

Digital technologies contribute to the universalization of digital access and training in health, giving individuals the opportunity to increase care about their own health. The creation of digital tools for health promotion should be directed to the characteristics of the population, and for individuals with low digital literacy, simple technologies should be created and those who cannot or do not want to use digital tools should be created appropriate alternatives.

Keywords

Caregivers; Empowerment; Health Literacy; Internet-based Interventions.

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