

The Alpha-Health Plan: health literacy and health navigation as a strategy for training Brazilian Health System workers



Laboratório de
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Background

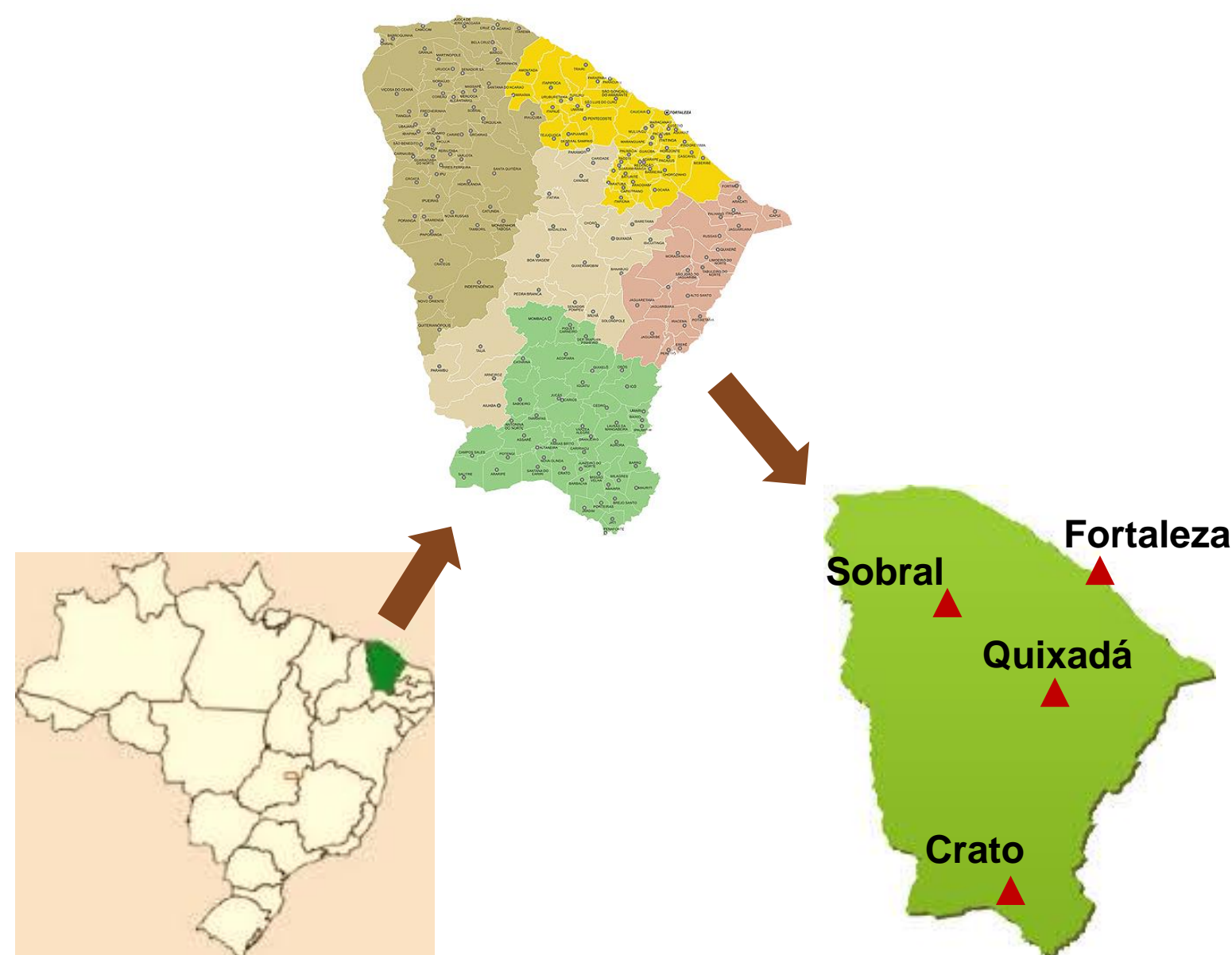
- In Brazil there isn't a national survey regarding its population health literacy.
- Some studies point insufficient health literacy with prevalences varying from 31,7% to 66,7% in some regions.
- There isn't a specific training concerning this topic targeted to health professionals.
- Health professionals must be empowered about this theme in order to improve their daily practice as well as to recognize themselves as health navigators.

Objective

- To create, implement and evaluate the Alpha-Health Plan as a strategy for training Brazilian Health System workers based on the assumptions of health literacy and also on the creation of health navigators

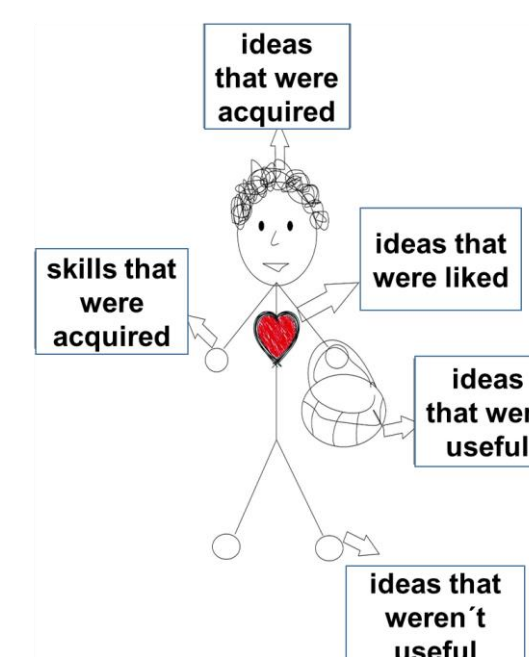
Methods

- Population group: 290 Community Health Agents (CHA)
- Place: Brazil – Ceará - Four strategic cities



Methods

- 7 groups (about 40 CHA per group)
- Training time: 16 hours
- Contents:
 - Health Literacy (4 hours)
 - Health Navigation: (4 hours)
 - Non-Transmissible Chronic Disease - Prevention and Control (8 hours) – according to the book: Strategic Actions Plan for Fighting Non-Transmissible Chronic Diseases (NTCD) in Brazil 2011-2022 (Brazil, 2011)
- Strategy: Study Circles adapted according to Rudd et al. (2005), Soricone et al. (2007) and Freeman & Rodrigues (2011)
- Evaluation: Performance in questions before and after the training and evaluation through the Alpha Doll



Results

- From the 29 questions: there was an improvement in 25 of them, with a significance in 13 of them.

Table 1. Professional's performance according to themes

Theme	Before Training	After Training	p-value
Health Literacy (Concept)	59,2	85,2	< 0,001
Health Navigation	88,9	92,3	0,465
Technical Knowledge	49,9	72,9	0,035

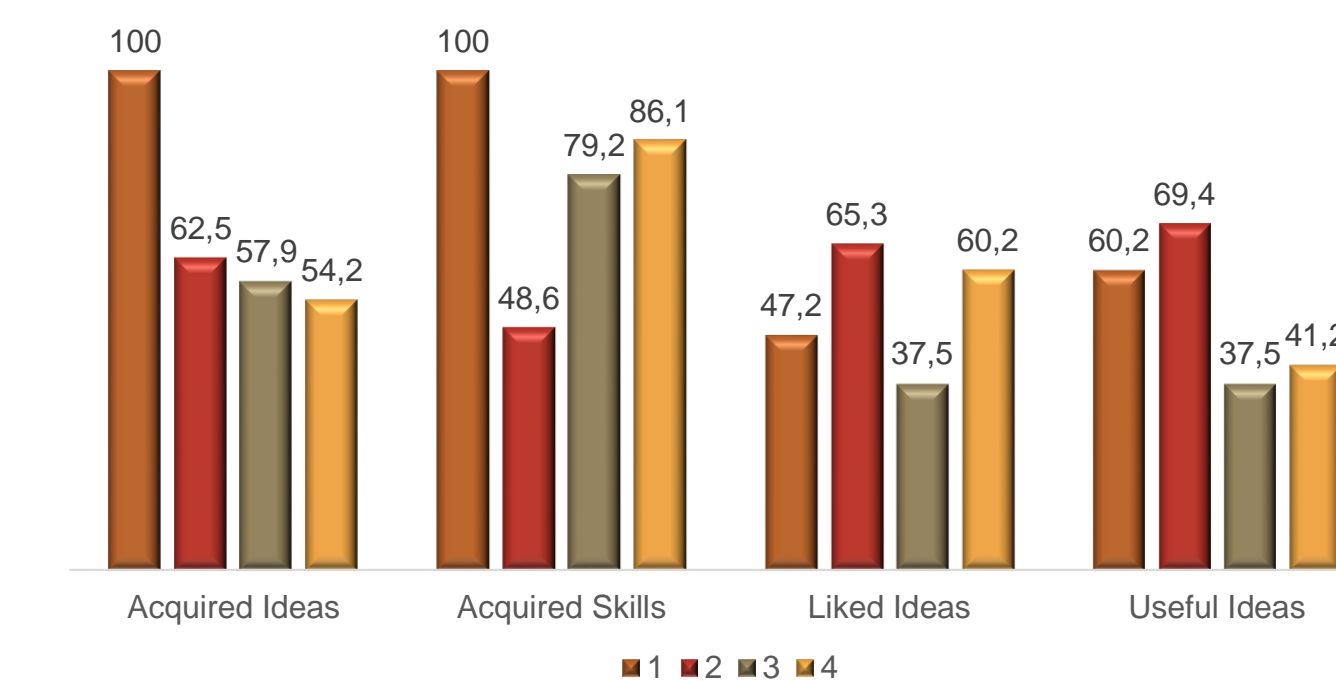
Results

Alpha Doll

Learning occurred as a process, where professionals were empowered with the themes in both knowledge and caring skills



Graphic 1. Professional's evaluation about training methodology and contents



1. Improve Health Care
2. Health Literacy; Health Navigation
3. Technical Contents
4. Training Methodology

Conclusion

- The Alpha-Health Plan contributed to empower the CHA to a much more adequate and effective approach of the user of the public health system based on the assumptions of health literacy and health navigation

Financial support

