

## Lesson Plan 4 Health Literacy

Lesson Objectives	<p>By the end of this module, learners will be able to:</p> <ul style="list-style-type: none"> <li>• Identify trusted sources for online health information.</li> <li>• Safely search the internet for health advice using NHS resources.</li> <li>• Understand different online services for booking appointments and managing health records.</li> <li>• Recognize and respond to genuine NHS text messages, avoiding potential scams.</li> </ul>
Materials	<p>Participants' smartphones or tablets Whiteboard/flip chart and markers Access to Safari/Google Workbook</p>

### Lesson 1 Evaluate Health Information

Learners will understand the dangers and benefits of searching for health information online.

Learners will be able to differentiate between reliable and unreliable health information.

Introduction	<p>Discuss the importance of digital skills in managing health online. Present the true or false statements and have a brief discussion.</p>
Exercise 1: How to safely search the internet for health advice	<p>Explain the importance of using trusted sources for health information. Introduce the exercise on safely searching the internet using the NHS app, and work through the exercise.</p>

**Samantha Haggart Digital Coordinator**

## Lesson 2: Managing and Booking DOCTORS' appointments

Learners will understand different online services for booking and managing appointments.

Learners will explore online services provided by their doctor's surgery.

Introduction	Discuss the variety of online services available for managing health appointments. Use the table in the workbook as a reference. Find out what services they are familiar with now and what they have used.
Exercise 1: Research	Ask learners to visit their GPs website and explore the online services on offer. Ask them to write down any they might use in future and find out more about

## Lesson 3: NHS Patient Hub

Introduction	What is Patient Hub? Are they aware of it? Have they used it? Most people with contact with the hospital will have had a text from the NHS patient hub to manage their appointments. This session does not include exercise, it is more awareness for those using it now or those who might get messages in future so they know what to do with it.
Exercise 1:	Discuss the handouts and let learners spend a few minutes going through them and asking any questions. Is it a service they will use if they get a message in future?

**Samantha Haggart Digital Coordinator**

Leeds Older People's Forum is a registered company in England and Wales (#CE023712) and a registered charity (#1191030)

## Closure Recap key points learned and encourage exploration and practice at home

### Questions to check knowledge:

1. Explain how you check if an online health article is reliable.
2. What are some signs that a website might not have reliable health information?
3. When looking at health information, how do you know if it's based on facts or just someone's opinion?
4. Why is it important to talk to a healthcare professional even after finding information online?
5. How can websites or social media help or confuse you when you're looking for health information?

### Reflection notes for next time

Consider what went well and how long each exercise took . Would you add anything next time or take anything out. What questions did you receive? How confident are you that they have learnt the subject and do they need more practice.


**Samantha Haggart Digital Coordinator**

Leeds Older People's Forum is a registered company in England and Wales (#CE023712) and a registered charity (#1191030)