

Learning activity: Using literacy skills for health

Goal:

- To show how literacy skills (prose, document, numeracy and problem-solving) are used simultaneously to complete a health literacy task.
- To show that low health literacy can affect anyone, given an unfamiliar task in a stressful situation.



Supplies:

- Acetaminophen Pediatric Dosage Chart (page 2) as a handout or Powerpoint slide.

Method:

1. Learners use the dosage chart to complete this task:
“Your child is 11 years old and weighs 85 pounds. According to the chart, how many 80 mg tablets of acetaminophen can you give your child in a 24 hour period?”

Debrief and discuss:

- As a facilitator, remark on your observations of the learners during the task. (For example, not wanting to answer the question, checking out their answer with others, struggling with the chart)
- Ask: How many 80mg tablets would you give your child? Discuss what they had to do to get the right answer.

Options:

- Paint a more dramatic scenario to have learners identify with an anxious parent with a sick child.

Health Literacy Task:

Your child is 11 years old and weighs 85 pounds. According to the chart, how many 80mg tablets of acetaminophen can you give your child in a 24 hour period?

Acetaminophen Pediatric Dosage Chart

Age	Approximate weight range	Dosage			
		Drops	Syrup	Chewables 80 mg	Chewables 160 mg
Under 3 mo*	Under 13 lb	½ dropper	¼ tsp	–	–
3 to 9 mo*	13-20 lb	1 dropper	½ tsp	–	–
10 to 24 mo*	21-26 lb	1 ½ droppers	¾ tsp	–	–
2 to 3 yr	27-35 lb	2 droppers	1 tsp	2 tablets	–
4 to 5 yr	36-43 lb	3 droppers	1 ½ tsp	3 tablets	1 ½ tablets
6 to 8 yr	44-62 lb		2 tsp	4 tablets	2 tablets
9 yo 10 yr	63-79 lb		2 ½ tsp	5 tablets	2 ½ tablets
11 yr	80-89 lb		3 tsp	6 tablets	3 tablets
12 yr and older	90 lb & over		3-4 tsp	6 to 8 tablets	3-4 tablets

*Consult with physician before administering to children under the age of 2 years.
Dosage may be given every 4 hours as needed, but not more than 5 times daily.