

PEMAT Assignment

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NURS 417- Nursing Informatics

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The PEMAT tool decides whether the information presented to a patient or population is easily read and understood. I researched two topics to get information from different websites to see the difference or determine if one was better. One of the topics I looked at came from my boyfriends about the causes of dizziness. The other was about heart failure since I discharge a lot of Congestive Heart Failure (CHF) patients, and I could imagine they would also be looking up more about their diagnosis at home. I evaluated MayoClinic for heart failure and Healthline for dizziness. In the past, before I went to nursing school, I would often use those websites to look up quick information on my symptoms. They are both popular websites that are usually at the top of the research results on Google, so I thought it would be best to evaluate them.

The first website I looked at was Healthline.com, which briefly gave information on causes, treatments, diagnosing, and more. It had a total understandability score of 82% and actionability score of 40%. This website gave too much information, so much that a patient would be overwhelmed, which is one reason that looking up medical information online is inadequate. The patient would most likely have many questions for the doctor at their appointment because they have no idea what they are looking at. With that being said, the information was not difficult to read. However, there were no visual aids in the article. There are no graphs, numbers, or charts to visualize treatments and understand the information better.

The actionability score was relatively low because there was no explanation of how the patient should adapt their lifestyle to help with their disease. This could also be because there was too much information, and the author could not add too many details. Overall, this article could have used some charts, numbers, or images to help the patient better understand how to manage their disease. Toward the end of the article, each disease(cause) is listed and suggested treatments are suggested to manage symptoms. For example, Meniere's disease could be treated at home with lifestyle changes such as limiting salt and sugar intake or taking medications for motion sickness or nausea (Gabbey & Klein, 2022).

Comparatively, the second source gave an understandability score of 75% and actionability score of 50%. So, even though there was more detail about how the patient could manage their symptoms, it was more difficult for the patient to read. The article also did not have any visual images to help the patient understand the material better. The article was also not written in the active voice. According to the PEMAT guidelines, using an active voice makes the information more understandable to the reader (Shoemaker et al., 2014).

Also, this article had no visual aids like pictures, graphs, or charts. They could have included a BMI chart; they did not have any information on how to calculate it, and people may not know how to calculate their BMI. For example, if I were the patient and did not know my BMI but thought for my height and weight, I am average, I may be on the obese scale. They also mentioned that “reducing your weight by just 3% to 5%” could help decrease the risk of diabetes (Mayo Clinic, 2022). However, the patient would again have to calculate that from their weight loss, and they may not know how to do that.

In comparison, the Mayo Clinic article lacked a summary of the article, but they were very detailed on how to improve your health, and it was easy to understand. The Healthline article was easy to understand and had a summary, but it did not have details. Neither article had images or charts to help the patient visualize their disease and help them better understand treatments and lifestyle changes. Charts and numbers could help them better understand how much their health could impact their life and convince them through logic to make changes. Overall, I think they both lacked important things, which gave them both a lower score. Images and charts would be more helpful to patients of all ages and intelligence. Their PEMAT scores also suggest that they could be better.

References

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Pg 24.

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