# **Consent Excellence:** Integrating Health Literacy into Research

Angela Knackstedt, BSN, RN, NPD-BC; Ryan McDowell, MS; Joanna Bradley, BA Children's Mercy Kansas City

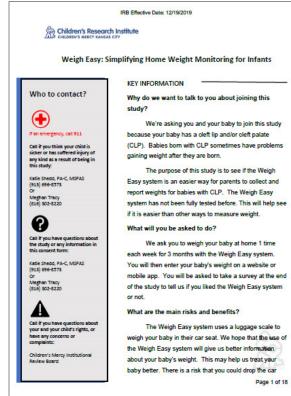
## **Background**

- Informed consent is key to ethical research. Limited health literacy can impact the ability to fully comprehend the information within research consent forms (Tamariz et al., 2013).
- In 2018, Children's Mercy's launched Consent Excellence Project to address and eliminate barriers to informed consent. The Director of Research Integrity became a Health Literacy Advocate to connect Health Literacy to these efforts.
- The Health Literacy Committee was included with six essential stakeholder groups within Children's Mercy, including the Health Literacy Program Manager joining the Consent Excellence Task Force.

Tamariz, L., Palacio, A., Robert, M., & Marcus, E. (2013) Improving the Informed Consent Process for Research Subjects with Low Literacy: A Systematic Review. Journal of General Internal Medicine. DOI:10.1007/s11606-012-2133-2

### For information:

aknacksted@cmh.edu jlbradley@cmh.edu









### **Methods**

An initial study called the Weigh Easy **Program** was identified to draft and pilot this new consent form format. It was streamlined to include:

- The most important information about the study at beginning.
- Simplified language to reduce confusion and anxiety.
- Added multiple pictures
- Integration of teach back in the consent process and to ensure parental use of equipment.

### **Outcomes**

This project established a precedence of including health literacy to create a more understandable research consent form and processes by:

- limiting medical jargon
- incorporating more lay terms
- making the form easier to navigate with pictures and information chunking
- Integrating teach back This serves as a model for other departments and research coordinators.









