**Improving adherence to treatment in low health literacy patients with cardiovascular diseases**

**Disciplines:** Public Health, Health Services Research, Human & social sciences  
**Laboratory:** EA HESPER 7425, Equipe 1  
**Doctoral school:** Interdisciplinary Doctoral program in health-sciences (EDISS) - ED 205

**Description**  
**Scientific background and rationale:**  
Health Literacy (HL) is defined as the degree to which individuals have the capacity to obtain, process, understand and use basic health information and services needed to make appropriate health decisions [1]. Inadequate HL is strongly associated with poor health outcomes in populations or individuals [2], and this lack of knowledge, skills and capacity has been estimated to add an extra 3-5 % to national health care budgets [3]. Disadvantaged groups are at greater risk of having relatively low health literacy, which also makes it a social justice issue [4]. Addressing health literacy is essential to maximize the potential positive benefits of other popular initiatives in modern medicine, such as patient-centered care [5], and share decision-making [6]. A recent European survey has found that 21.6% of the French population (sample of 7000 individuals aged 16-65) had a poor health literacy (<1 on a 1 to 5 scale) [7]. However, health professionals often overestimated their patients’ health literacy level. Additionally, the increase of chronic diseases prevalence in the population, and the shift towards ambulatory versus hospital care, and towards self-care need to be accompanied by research regarding tools for identification of poor health literacy, and development or appropriate interventions to help patients and health professional to promote and accompany patients’ empowerment and capacity to improve self-care.

**Aim:** To produce a comprehensive update of situations regarding the consideration of patient's Health Literacy level in patient care (information and education about their pathology and their treatment) and to assess the needs of patients with low literacy level to build an intervention to include this consideration of patient chronic care.

**Description of the project methodology:**  
- Observational studies to describe the situation of patients with chronic disease, with mixed approaches (quantitative and qualitative)  
- Co-construction of an intervention with patients, health professionals (hospital, community), researchers in public health, education science and social psychology  
- Intervention study to evaluate efficacy of the intervention on patients' empowerment, patients' behavior regarding self care and secondary and tertiary prevention, and patients' quality of life and health outcomes

**Expected results:** To improve patient’s management and their empowerment  
**Perspectives:** To apply the same methodology to other diseases

**Skills required:**  
Master 2 in Epidemiology and Health Services Research  
Skills in bibliographic research, in mixed methods  
Fluent in French to conduct qualitative semi-directed interviews and/or focus groups with patients and health professionals

**Bibliography:**  

**Key-words:** Health Literacy, care, chronic disease

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