Objectives Lecture	Topic	Learning outcomes - You are able to:
1. Introduction and main concepts of HL	**Lecture 01**: Definition, overview and concepts of HL	- explain the growing importance of health literacy in Europe and in your country - define health literacy with its three categories - describe the different aspects on health literacy on micro, meso and macro level
	Lecture 02: Impact of limited HL on clients	- describe the impact of health literacy on health and disease - describe the impact of health literacy on quality of life - explain obstacles clients with limited health literacy may face
	Lecture 03: Prevalence and risk factors of HL	- describe the prevalence of health literacy in Europe and in your country - explain the (risk) factors that influence the clients' individual level of HL
	Lecture 04: Role of physiotherapist to apply HL	- explain the importance of HL for the physiotherapy profession - describe the role of physiotherapists as client educator - describe communication strategies
	Lecture 05: HL on micro-level	- identify vulnerable groups for health literacy and discuss the impact on health and diseases - describe signs suggesting limited health literacy - describe methods for evaluation of health literacy
	Lecture 06: HL on meso-level	- elaborate different dimensions and criteria of organisational HL - identify facilitators and barriers related to organisational HL dimensions - describe how to promote an equitable access of Health Care (e.g. health information and services)

	Lectuere 07: HL on macro-level	- Identify the role of
		  a. Governance
		  b. Workforce development
		  c. Partnerships
		  d. Organizational and institutional capacities
		- for interventions in HL on the macro-level

	Lecture 08: Digital HL - overview	- identify the importance of DHL in current and future health care - explain the obstacles that clients with limited DHL face - describe characteristics of effective DHL in physiotherapy practice
	Lecture 09: Digital HL_technologies	- describe the different types of digital technologies that are used in physiotherapy - give reasons for which therapy process (anamnesis, assessment, intervention, evaluation, monitoring) what digital technologies could be supportive - give an example how to support a client in physiotherapy by digital technologies

2. Communication with clients with limited HL	**Lecture 10**: General communication skills	- describe characteristics of a shame free environment and how to establish this environment
		- select and describe effective communication techniques to
		  a. make contact
		  b. adjust your communication to the client's level of HL

	Lecture 11: Gathering information - challenges anamnesis	- select and describe effective communication techniques to
		  a. identify the level of HL
		  b. gather information

	Lecture 12: Providing information	- describe what the characteristics of a shame free environment are and how to establish that
		- select and describe effective communication techniques to provide information
		  a. Ask me 3
		  b. Chuck and chunk
		- Check if the client has understood your information by using the Teach Back method

	Lecture 13: Shared decision making and decision aids	- select, describe and demonstrate effective communication techniques to involve clients (their relatives or significant others) in shared decision-making.
		  a. encourage clients to ask questions
		  b. educate clients to participate in shared decision-making
		  c. involve clients in shared decision-making
		- Know the function of decision aids

3. Interventions with clients with limited HL	**Lecture 14**: Behavioural change	- explain how behavior can be changed by the Transtheoretical model,the Com-B-model and the model of Behaviour lenses - name determants that influence behavior - mention interventions how tot change behaviour with the help of the Behaviour lenses
	Lecture 15: Training_exercises_self-management	- describe strategies to teach clients different exercise types (verbal, images, videos,...) - support client's self-management - check client's comprehension of provided information using different techniques