



Clear health communication
deltamo.org

Chunk and Check Method

The Chunk and Check method breaks down complex information into digestible chunks by using subheadings to navigate a lengthy document. [Handout: Blood Pressure]

- Choose 3 key points you want the client to walk away remembering. Start by preparing the client for learning. Say something like, “Today we are going to talk about three ways you can ____.” Highlight three subheadings in the document as you list them.
- Go back and provide education on the first point. Then check for understanding by asking an open-ended question. (Example: So how would you describe high blood pressure?)
- Review the first point and then provide education on the second point.
- Again, check for understanding. Review points one and two and then provide education on point three. Check for understanding.
- Summarize the three key points at the end of your education:
 - High blood pressure means that the force of the blood pushing against the sides of your arteries is too high.
 - This can damage your arteries and organs and can lead to a stroke.
 - So it’s up to you to control your blood pressure.
- Check for understanding by asking open-ended questions:
 - So how would you describe high blood pressure?
 - How does high blood pressure affect your body?
 - When you get home what are you going to start doing to help control your blood pressure?
- Encourage the client to interact by taking an action. This solidifies the learning:
 - Today we have talked about a few ways you can control your blood pressure.
 - Which of these things do you think you want to work on first?

So to “chunk and check,” use the subheadings of a written document and physically highlight the three key points you will talk about. Break down complicated information into manageable chunks for a person with low health literacy. Check for understanding after each point and again at the end of your session.