



UNIVERSITY OF PITTSBURGH  
CENTER FOR  
Behavioral Health +  
Smart Technology

# The HealthTech Update

October 29, 2019

Spotlight on:  
Jared Magnani, MD, MSc



Jared Magnani is an Associate Professor of Medicine at the University of Pittsburgh's Heart and Vascular Institute. His research focuses on identifying social determinants of health and their relation to cardiovascular disease, and he was recently awarded two large NIH grants to test the effectiveness of a smartphone app he developed to improve medical care for people with atrial fibrillation (AF).

Below is a preview of our interview with Dr. Magnani, and click [HERE](#) to learn more about his work!

**CBHST: How do you try to improve the experiences of patients with low health literacy?**

There are several strategies that have been validated and that we can incorporate right in our clinics. It's very important to use short sentences, the teach-back method, and as little jargon as possible. When I meet with a patient and talk to them about heart disease, I also try to remember to ask them if they have questions. If somebody tells me that they can't think of any questions, it could very well be a signal that they don't know how to ask a question or that they don't know what to ask because they're feeling overwhelmed. At that point, I usually acknowledge that the information they just received can be a lot for them to take in and ask them how they're feeling about it. This allows me as a clinician to begin to understand the patient's experience of the disease and to learn how to break it down a little bit better for the patient. I think that the overall goal when speaking to a patient, regardless of health literacy level, is to make it a collaboration. The patient brings expertise to the encounter – be it about their symptoms or their lives – that the physician cannot inherently know.

[Full Interview](#)

Follow us on [Twitter](#) and check out our [website!](#)

---

*Copyright © 2019 \*Center, Behavioral Health and Smart Technology, All rights reserved.*

**Our mailing address is:**

230 McKee Place, Suite 600  
Pittsburgh, PA 15213

**Questions? Comments? Suggestions?**

Email us at [healthtechpitt@upmc.edu](mailto:healthtechpitt@upmc.edu) or call us at **412-586-9851**

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

University of Pittsburgh Center for Behavioral Health and Smart Technology · 230 McKee Place · Suite 600 · Pittsburgh, PA 15213 · USA

