

Appendix

B

REALM

**RAPID ESTIMATE OF ADULT LITERACY IN MEDICINE
(REALM)[®]**

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Patient Name/
Subject # _____ Date of Birth _____

Reading Level _____
Grade Completed _____

Date _____ Clinic _____ Examiner _____

List 1	List 2	List 3
fat _____	fatigue _____	allergic _____
flu _____	pelvic _____	menstrual _____
pill _____	jaundice _____	testicle _____
dose _____	infection _____	colitis _____
eye _____	exercise _____	emergency _____
stress _____	behavior _____	medication _____
smear _____	prescription _____	occupation _____
nerves _____	notify _____	sexually _____
germs _____	gallbladder _____	alcoholism _____
meals _____	calories _____	irritation _____
disease _____	depression _____	constipation _____
cancer _____	miscarriage _____	gonorrhea _____
caffeine _____	pregnancy _____	inflammatory _____
attack _____	arthritis _____	diabetes _____
kidney _____	nutrition _____	hepatitis _____
hormones _____	menopause _____	antibiotics _____
herpes _____	appendix _____	diagnosis _____
seizure _____	abnormal _____	potassium _____
bowel _____	syphilis _____	anemia _____
asthma _____	hemorrhoids _____	obesity _____
rectal _____	nausea _____	osteoporosis _____
incest _____	directed _____	impetigo _____

SCORE

List 1 _____

List 2 _____

List 3 _____

Raw Score _____

RAPID ESTIMATE OF ADULT LITERACY IN MEDICINE

The Rapid Estimate of Adult Literacy in Medicine (REALM) is a screening instrument to assess an adult patient's ability to read common medical words and lay terms for body parts and illnesses. It is designed to assist medical professionals in estimating a patient's literacy level so that the appropriate level of patient education materials or oral instructions may be used. The test takes 2 to 3 minutes to administer and score. The REALM has been correlated with other standardized tests.

Correlation of REALM with SORT, PIAT-R, and WRAT-R

	PIAT-R Recognition	SORT	WRAT-R
Correlation Coefficient	.97	.96	.88
P Value	p<.0001	p<.0001	p<.0001

Reliability Studies

Test-Retest	Inter-Rater
(n = 100)	(n = 20)
.99	.99

DIRECTIONS:

1. Give the patient a laminated copy of the REALM and score answers on an unlaminated copy that is attached to a clipboard. Hold the clipboard at an angle so that the patient is not distracted by your scoring procedure. Say:
"I want to hear you read as many words as you can from this list. Begin with the first word on List 1 and read aloud. When you come to a word you cannot read, do the best you can or say "blank" and go on to the next word."
2. If the patient takes more than five seconds on a word, say "blank" and point to the next word, if necessary, to move the patient along. If the patient begins to miss every word, have him/her pronounce only known words.
3. Count as an error any word not attempted or mispronounced. Score by marking a plus (+) after each correct word, a check (✓) after each mispronounced word, and a minus (-) after words not attempted. Count as correct any self-corrected word.
4. Count the number of correct words for each list and record the numbers in the "SCORE" box. Total the numbers and match the total score with its grade equivalent in the table below.

Raw Score	GRADE EQUIVALENT
	Grade Range
0-18	3rd Grade and Below Will not be able to read most low literacy materials; will need repeated oral instructions, materials composed primarily of illustrations, or audio or video tapes.
19-44	4th to 6th Grade Will need low literacy materials; may not be able to read prescription labels.
45-60	7th to 8th Grade Will struggle with most patient education materials; will not be offended by low literacy materials.
61-66	High School Will be able to read most patient education materials.

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