

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 101 - Foundations of Nursing

Communication Day 1 Class Prep Worksheet

Review ATI's Engage Fundamentals – Foundational Concepts of Nursing Practice lesson on Client Education in order to answer the following questions.

1. What is the purpose of client education?

Client education empowers clients to take action in their health process. It provides information not only to individual people but also to families and communities.

2. Describe each of the three learning domains and provide an example of how each can be used in client education.

Cognitive domain- thinking domain; client must think through the information presented to them and be able to comprehend the information. Ex. The nursing student will evaluate the effectiveness of different pain management strategies for postoperative patients and justify their choice based on patient outcomes.

Affective Domain- involves the client's feelings, precisely their values, attitudes, and beliefs. Ex. The nursing student will demonstrate a commitment to patient-centered care by actively listening to patients' concerns and showing empathy during clinical interactions.

Psychomotor domain- involves the use of hands-on fine and gross motor skills. Ex. The nursing student will accurately insert an IV catheter using aseptic technique and proper anatomical landmarks.

3. List at least two (2) factors that promote learning.

Perceived benefit

Enhanced health literacy

Nonjudgmental support

Quiet, low-stimulus environment

repetition

4. List at least two (2) factors that hinder learning.

Fear, anxiety, depression

Lack of motivation

Environmental distraction

Psychomotor deficits

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Physical discomfort (fatigue, pain)

timing

5. Describe the evaluation method of teach-back. Provide an example of its use in patient education.

Teach-back works by asking the patient to repeat the information in their own words. Ex. Nurse explains how to monitor blood glucose levels and administer insulin to a patient. The patient describes the steps, but forgets to mention rotating injection sites. The nurse re-explains that rotating site helps prevent tissue damage, then asks the patient to repeat the full process again.

6. What does the SMART framework stand for when creating patient teaching goals?

Specific- the goal should be clear and focused on a particular behavior or outcome

Measurable- progress can be tracked using concrete criteria

Achievable- the goal is realistic given the patient's condition, resources, and abilities.

Relevant- The goal aligns with the patient's health needs and personal priorities.

Time-bound- There's a defined timeframe for achieving the goal.

S- walking for exercise

M- 15 minutes 3x/week

A- Fits patient's current mobility level

R- supports heart health

T- four- week timeframe