

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 helps clients build skills and take accountability for their self-care by providing the knowledge needed to make healthy lifestyle changes and manage conditions. It promotes health, improves outcomes, and empowers clients to advocate for themselves and understand their medical needs. With support from nurses and the health care team, clients are better prepared to live their healthiest life.

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

- 1) The cognitive domain, or “thinking domain,” involves clients processing and comprehending information to build knowledge and skills. It includes six stages: knowledge, comprehension, application, analysis, synthesis, and evaluation. In practice, such as with a client learning to manage a stoma, the cognitive domain helps them recall information, understand its importance, apply skills, and problem-solve effectively to support self-care and confidence.
- 2) The affective domain focuses on emotions and involves the client’s values, attitudes, and beliefs. It helps clients process how health changes affect their feelings and daily life. For example, a client with a new stoma may need to adjust beliefs about routines and body image, accept the importance of learning care, and integrate stoma management into their daily life.
- 3) The psychomotor domain focuses on action, physical movement, and hands-on skills. It involves teaching and practicing tasks through observing, practicing with guidance, performing independently, refining skills, and eventually making them routine.

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

- 1) Perceived benefit
- 2) Enhanced health literacy
- 3) Nonjudgemental support
- 4) Quiet, low-stimulus environment
- 5) Repetition

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

- 1) Fear, anxiety, depression
- 2) Lack of motivation
- 3) Environment distractions
- 4) Psychomotor deficits
- 5) Physical discomfort (fatigue, pain)

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6) Timing

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

Teach-back is an instructional method where clients explain or demonstrate what they have learned in their own words. It helps nurses assess understanding, address gaps, and ensure client safety and adherence to the treatment plan.

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

The SMART framework for patient teaching goals stands for **Specific, Measurable, Achievable, Relevant, and Timed**. It provides a structured way for nurses to create clear, realistic, and individualized goals that can be evaluated effectively within an appropriate time frame.