

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?

To enable health promotion and confidence for clients to take control of their health and optimally take care of their needs. It assists in the improvement of a clients care and health status. Clients who are educated properly are more prepared to manage their health and have less pain, anxiety, and fewer unpleasant experiences. They will overall be better advocates for themselves by managing their care.

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

Cognitive – Based on thinking. If a client is undergoing a stoma formation (piece of the intestine brought to the surface of the abdomen; intestine is left open and made into a stoma, to secrete fecal matter/urine into a pouch), effective education will teach the client on how to change the pouch and understand the importance of changing the pouch.

Affective – Based on emotions, involving client feelings. Example, the client with a new stoma may have to alter their beliefs about daily routines and feelings regarding body image. The client will need to adapt to stoma care and how to incorporate that into their daily routine.

Psychomotor – Learning based on action, involves physical movement, skills, coordination. This will be the physical aspect of practicing changing their stoma pouch and effective care of this new change to their body.

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

Life experience can promote learning as more experienced clients with academic or personal experiences can have a foundation to build on and further education. Another factor that can promote learning is task-centered education. Mostly regarding adults, relating a problem or change to their own life experiences rather than spitting information to be memorized can be more effective. It is important to reason and relate it to their life for a better understanding.

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

Lack of readiness can cause hindered learning. If a client is not ready or able to learn, the teaching will be less effective. If a client has other things on their mind and aren't ready to learn about it, you can't force them and should provide emotional support and/or wait for a better time. Secondly, lack of motivation can hinder learning. Internal motivation must be present in order to want to learn and make a change.

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

Teach-back is a method where the nurse has the client explain or demonstrate something in their own words and fill in the blanks where extra education is needed. An example of this could include a client with diabetes who needs to check their blood sugar or inject insulin. The nurse can encourage the client to demonstrate their skills and knowledge on the subject/how to manage this new life change before discharge.

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

The SMART framework stands for goals that are specific, measurable, attainable, relevant, and timed. The SMART goals can give the nurse a system of organized indicators for evaluating the clients accomplishments thoroughly.