

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 provide education to clients and their families to improve or maintain the client's health status and to assist the client with adapting to permanent injuries or illness. This helps clients and families better understand and calm down nervousness on a new diagnosis.

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

Cognitive Domain: Client must think through that information presented to them and be able to comprehend the information. An example is the nurse explaining why oxygen by NC is needed because their O₂ is low and the patient agreed/comprehended that it is a good intervention.

Affective Domain: One of the three domains of learning involves the client's feelings, precisely their values, attitudes, and beliefs. An example is educating the client on their new diagnosis and asking them if it aligns with their beliefs and values. This can help your client better understand and make a decision because they feel more in control.

Psychomotor Domain: Involves the use of hands-on fine and gross motor skills. An example of this is when a patient demonstrates how to self-administer medications the proper way with proper hand hygiene to prevent infection. This is good education of clients or more hands-on learners.

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

1. Allowing the client to teach back on the education they have learned to make sure they understand their Dx.
2. Being non-judgmental and if the client does not understand to explain in other ways until the client understands because it's going to be there new day to day.

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

1. If the client hasn't fully come to terms with their new Dx and still needs time to process before education.
2. If the client's basic needs are not met first, for example if they need to use the bathroom, want to go for a walk, want family nearby or is in pain. All those needs need to be controlled first.

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5. Describe the evaluation method of teach-back. Provide an example of its use in patient education.
 1. Teach back is a type of instruction in which the client is asked to explain the information to the nurse in the own words. This technique helps us determine the clients level of understanding. An example is when the patient is about to be discharge from the hospital, having the patient repeat back the steps on what to do after being discharge like following up with their PCP or going to rehabs helps client get better and stay out of the hosptail.

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

SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Following these 5 guidelines help us set reasonable goals for clients each day.