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

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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 them build skills and improve their self-care habits. It is essential for promoting/ improving health and helps clients become more knowledgeable about healthy lifestyle choices. It also helps clients advocate for themselves, manage their diagnosis (acute and terminal), and understand their medical needs.

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

Cognitive domain: aka the (thinking domain) includes six stages; knowledge, comprehension, application, analysis, synthesis, and evaluation. It is when a client engages in learning, and they must thinking through the information that is presented to them and comprehend it.
Example:Teaching a client with diabetes how diet affects blood sugar by explaining carb-counting and have them verbalize what foods raise their glucose.

Affective domain: this is primarily associated with the clients feelings. After the nurse provides education the clients will evaluate their values, attitudes, and beliefs to process they educational material and apply it to themselves.
Example: Encouraging a client who just had a heart attack share their fears about exercise and then supporting/encouraging them to join a cardiac rehab program.

Psychomotor domain: this is based on action. It involves physical movement, skills, coordination, and senses. This is used for teaching clients hands-on skills.
Example: Demonstrating how to use an inhaler for a client with asthma, then having the client return-demonstrate the correct technique.

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

Nonjudgmental support and a low-stimulus/quite environment are two factors that promote learning.

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

Lack of motivation and certain emotions such as fear, anxiety, and depression are two factors that can hinder learning.

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

The method of teach-back is used to confirm the patients understanding or comprehension of the education and provide further teaching where necessary. It is used by asking the client to explain the information to the nurse in their own words. An example of this is asking a client how they would administer their medical patches at home. If they answer with a perfect description or understanding of how to properly use their medical patches than no further teaching is necessary. If their explanation has some gaps or mix ups then you will know to re-teach them with a different approach to ensure understanding.

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

SMART stands for:

Specific- the outcome should be specific and precise.

Measurable- the outcome should be written in a way that allows anyone to determine the measure that will be used to identify whether that outcome has been met.

Achievable- the client should be able to achieve the outcome. This is determined during the assessment phase and is based on the clients abilities.

Relevant- The outcome needs to be relevant in the sense that the outcome is completely geared toward the client and their situation. The nurse's assessment will help determine this aspect of the outcome.

Timed- The outcome should be measurable, including time frame by which the client should accomplish the outcome of the teaching plan. This helps keep the nurse and client on track to achieve the outcome in a time frame that will benefit the client (can be short term or long term).