

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?

The purpose of client education is to build skills and assist the client in being accountable for their self-care. Client education gives them the knowledge needed to make healthy lifestyle changes and is essential for promoting health, improving health, and providing knowledge. It also allows for clients to better be able to advocate for themselves, participate in managing their care, and better 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 is the thinking domain, involving six stages: knowledge, comprehension, application, analysis, synthesis, and evaluation. Example: Nurse teaches client with diabetes the signs and symptoms of hypoglycemia, the client can later verbalize and explain the signs.

Affective Domain involves the client's feelings and emotions, when information provided affects them in these ways. Example: After education client on the importance of a specific diet, the client expresses willingness to change eating habits and shares that are motivated to make these changes.

Psychomotor Domain is based on action, it involves physical movement, skills, coordination, and the use of the senses teaching of hands-on skills. Example: Nurse demonstrates and educates client on how to use an insulin pen, client later administers an insulin injection under supervision.

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

Two factors that promote learning include repetition, nonjudgemental support, and enhanced health literacy.

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

Two factors that hinder learning include fear, anxiety, depression, and lack of motivation.

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

The evaluation method of teach-back is used in patient education to confirm the clients understanding. After teaching, the client is asked to either explain back or demonstrate the newly learned skills/education given to make sure the client fully understands what was taught. Example: a client was taught why it is important to take medication with food once a day at the same time, and they respond with "I will take my medication once a day at breakfast, everyday"

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6. What does the SMART framework stand for when creating patient teaching goals?
Specific, measurable, achievable, relevant, timed. Goals would be clear and focused, progress should be trackable and realistic, meaningful and directly related to client's health needs, and include a time frame for completion.