

Firelands Regional Medical Center School of Nursing  
 Psychiatric Nursing 2025 Geriatric Education Plan

The education plan is based on the Geriatric Assessment performed. The client assessments should reveal some deficiencies in the client that you choose. This document is to be typed.

**Learning Need #1: Fall prevention**

<b>Purpose: Fall prevention</b>					
<b>Goal: Understanding of fall risk lifestyle and medications</b>					
<b>Outcomes</b>	<b>Content Outline</b>	<b>Method of Instruction</b>	<b>Time Allotted</b>	<b>Resources</b>	<b>Method of Evaluation</b>
Understanding of keeping room picked up, avoiding throw rugs, and keeping his cat Oscar out from under his feet. He is on aspirin, which is an antiplatelet agent putting him at a higher risk of bleeding in the event of a fall.	Use of therapeutic communication and going through the printed handouts together. Going through his home and seeing the changes that could be made. I helped him with some of the interventions. (Parrish, 2022)	Online handouts and conversations about his cat and tripping hazards throughout his home and garage. Teach back	One week	Printed handouts from Cleveland clinic and a handout from Harvard medical center. (Cleveland Clinic, 2021)	He allowed me to see the changes he made. He moved rugs and electrical cords, so he won't trip on them. He also takes his time when walking around his cat. He also talked to me about being nervous about being on aspirin because of the bleeding risk.

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**Learning Need #2: Ask other for help when completing tasks.**

**Purpose: Prevent injury**

**Goal: When in situations the individual asks for appropriate help from others.**

<b>Outcomes</b>	<b>Content Outline</b>	<b>Method of Instruction</b>	<b>Time Allotted</b>	<b>Resources</b>	<b>Method of Evaluation</b>
Preventing injury and further back pain post surgeries. Lifting correctly or not at all.	Education given by his HCP since his last surgery	Teach-back Handouts (Parrish, 2022)	One week	Handouts and education from his HCP from his last back surgery. That he kept. I found a handout from the desert institute for spine care as well to supplement this teaching. (Desert Institute for Spine Care, 2022) and (Harvard Medical, 2024)	Observing him over the week and seeing him completing tasks and asking for assistance when needing to lift something heavy.

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**Learning Need #3: Medication Administration**

**Purpose: Taking medications appropriately, according to physician orders.**

**Goal: Have an improved understanding of medication purpose and importance of routine administration.**

<b>Outcomes</b>	<b>Content Outline</b>	<b>Method of Instruction</b>	<b>Time Allotted</b>	<b>Resources</b>	<b>Method of Evaluation</b>
Take medications on time and the correct dosages are taken. Understanding the risks of some of his current medications.	He allowed me to watch as he placed all his medications in his weekly pill box	We read through skyscape together over all his medications and I emphasized education on his omeprazole and aspirin. Teach back was used as well. (Parrish, 2022)	One week	Printed resource from Cleveland Clinic for aspirin (Cleveland Clinic, 2021) Medical press for omeprazole (Goldbaum, 2020)	Verbal with teach back and hands on when he showed me his medications and went through skyscape congruently.

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<b>Barriers to Education Plan</b>
He does not have a smart phone, and it's hard for him to read one as well. All education must be handheld printouts/ copies, physical, or someone showing/ acting it.
He is a hoarder in places like the garage, so for him he is used to walking around using pathways. This is something that is normal for him and is something that won't be solved overnight. In the house this risk can be minimized, but the garage needs more time.
He has an issue when it comes to asking for help. He has had multiple back, neck, and spine surgeries that affect his gait and balance. He still goes above and beyond for us and pushes his limits sometimes, it's hard for him to let us do things for him and ask for help.
He has a well-balanced diet and eats breakfast, dinner, and snacks throughout the day. Breakfast is doughnuts, or eggs, meat, and toast. Dinner is meat, potatoes, and veggies. Snacks are chips, veggie trays, a variety of nuts, and doughnuts. He eats salads for dinner a lot of the time as well. So, his diet did not need to adjust.
He does mild impact exercises and walks every day and spends time tinkering on things in the garage, so he remains purposefully active, so I did not have any education needs for this.
He is still mobile and active in completing daily activities such as laundry, cooking, driving, cleaning, and organizing medications and going to appointments. So, he does not need any help.
His education consists of handouts and or someone physically showing him how to clean up hazards and organize medications. I gave him a list of some interventions and education items to look over and he was able to follow this.

**Evaluation:**

1. Describe how your education plan was effective in changing a behavior (s). (Short paragraph with at least 3 sentences)

- He was able to explain his medications to me and show me his pill box of correct dosed medications, he showed me spaces in his home and garage where pathways were wider, cords were tucked away, throw rugs were moved, and he takes his time when his cat is under his

feet. He took extra time to ensure he was safe where he was walking as well. He also was able to explain why being a fall risk was so important when taking aspirin.

2. What factor(s) will impact this client's follow through with the education you provided? (Consider any social determinants of health) Explain. (Short paragraph with at least 3 sentences)

- His cat is unpredictable so that can make his follow-through difficult to keep him out from under his feet. He takes his medications appropriately and they're all on board for a purpose. Aspirin cannot be removed as well as omeprazole even though they're on the beers list. It is going to be hard for him to ask for help with many things when it comes to lifting, moving, tinkering, and fixing things.

3. Would you modify this education plan? Explain why you would or would not modify this plan. (Short paragraph with at least 3 sentences)

- I would like to focus more on his ability to ask his family for help and his medication education. To make sure he understands the important long term side effects of omeprazole and aspirin. That, however, is the only thing I would change. He takes care of himself well when it comes to diet, activity, medications, and everyday activities. He does his best to take care of himself.

## Resources

*Daily Aspirin: Is It Safe to Take?* (2021, November 16). Cleveland Clinic. <https://health.clevelandclinic.org/do-you-need-daily-aspirin-for-some-it-does-more-harm-than-good>

Goldbaum, E. (2020, March 9). *How to dramatically reduce inappropriate ulcer-prevention prescriptions*. Medicalxpress.com; Medical Xpress. <https://medicalxpress.com/news/2020-03-inappropriate-ulcer-prevention-prescriptions.html>

Publishing, H. H. (n.d.). *Preventing Falls Infographic*. Harvard Health. <https://www.health.harvard.edu/staying-healthy/preventing-falls-infographic>

WebFX. (2022, November 10). *Recovering From Back Surgery: Do's and Don'ts - Desert Institute for Spine Care*. Desert Institute for Spine Care. <https://www.sciatica.com/blog/recovering-from-back-surgery-dos-and-donts/>

Parrish, S. (2022). *Learning Needs of Older Adults*. CHES Health Solutions. <https://www.cheshealthsolutions.com/2022/07/20/learning-needs-of-older-adults/>