N321 Medical/Surgical
TEACHING PLAN INSTRUCTIONS AND EVALUATION

STUDENT NAME: Jessica Kavajecz_____Date: 9-27-20_____

Use the format page included for preparing the written component of the teaching plan. Students will be evaluated on the written plan (15 points) and on the presentation of the teaching plan (10 points). Total Points possible = 25 points.

SCORE

I. Evaluation of the **written component**

Assessment of patient/client/class **(3 points)** _____

Prior knowledge of subject to be taught
Determine patient's motivation to learn content
Health beliefs/values (Taylor pgs 70 & 513)
Psychosocial adaptations/adjustment to illness
Compliance with health care protocols
Assess patient's ability to learn
Developmental level
Physical capabilities/health status
Language skills/literacy
Level of education

Nursing Diagnosis Identified **(1 point)** _____

Planning **(3 points)** _____

State objectives and outcomes: Include at least one from each learning domain:
Cognitive, Affective & Psychomotor

Interventions **(2 points)** _____

List the content to be included in instruction. Be specific and accurate.
Logical sequence.
Simple to complex.
Organized

Methods/Teaching Tools **(2 points)** _____

Instructional methods to be used:
Examples are: Discussion
Question & Answer
Demonstration/Return Demonstration
Strategies to keep patient's attention
Methods to include patient in teaching/participation

Evaluation **(3 points)** _____

Determine achievement of learning objectives based on expected outcomes. Identify strengths/weaknesses, Suggest modifications to plan; i.e. what would have made it better

References Listed in APA format. **(1 point)** _____

TOTAL CONTENT _____**/15**

II. Evaluation of **teaching presentation** **(10 points)** _____ **/10**

Introduction of content, Patient put at ease, Eye contact,
Clear speech and organized presentation, Environment conducive to learning,
Family included, Accuracy of info, Validation of learning status, Use of teaching aids,
Appropriate non-verbal body language etc.

Date Submitted:_____

Total points _____**/25**

N 301 Nursing the Adult Client
TEACHING PLAN

Student Name: __Jessica Kavajecz_____ Subject:__Diet Changes for acute cholecystitis

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Nursing Diagnosis:

Relevant Assessment Data (see instructions)	**Patient Outcomes** (see instructions re: 3 domains of learning)	**Teaching Outline** (be specific and use a logical sequence)	**Teaching Tools** (see instructions)	**Evaluation** (see instructions)
Patient is a 73 year old female who was admitted for acute cholecystitis. Pt is 5' 5" and weighs 240 pounds. Pt lives at home with her daughter and her daughter's boyfriend. Her daughter prepares her meals. Pt's surgery was postponed because she was experiencing dyspnea. Lung sounds were clear and equal but a heart issue is suspected. Pt uses a cane and a walker daily. Pt's education level is high school and is mature and understands material. Pt is Christian and wants to get better. She was willing to learn about information regarding her condition and wasn't aware of the information regarding her diagnosis of acute cholecytis. Pt is willing to communicate with her diet about diet alterations.	**Cognitive objective:** To remember, understand, and apply the information taught to her about risk factors of acute cholecystitis and removal of gallbladder and what can occur as a result. How she can improve her lifestyle to prevent further damage and why it's important to watch your health closely. **Cognitive outcome:** This patient verbalized understanding all the information provided. She asked how She could change her lifestyle and what signs and symptoms she or her daughter should recognize in case of an emergency and what to do if that happens. **Affective objective:** This patient will value and respect the information taught to her, she will be willing to receive the information, and she will be motivated to learn because this could help her life	After you leave the hospital you should: - Take any medications as prescribed(BP medication) - Follow up with your primary care physician on scheduled visits to check condition - You should practice a new and healthy diet. Examples of a heart healthy diet include; vegetables, fruits, whole grains, fiber, limit unhealthy fats, limit red meat, and reduce sodium and protein. Portion your meals and don't overeat. - You should exercise regularly and try to maintain a healthy weight. - Try to limit stress as much as possible. Find things to help reduce stress like reading a book or exercising. - You should contact your physician or local hospital if you are experiencing pain or symptoms involving your condition.	The patient was given a handout from care notes on Cholecystitis friendly diets. She listened as I went over the information and asked questions and seemed involved in improving. She agreed to try a better diet.	I believe that this patient is going to take the necessary steps to change her lifestyle and become healthier overall. She seemed to understand the risk factors of a fatty diet and what could happen if she didn't change her lifestyle and take better care of her health. The strengths of my teaching plan was that I explained all of the information clearly to the patient and made sure she understood. I made sure to ask if she had any questions or concerns regarding her health. I had her give me examples of healthier alternatives that she could take to help her. . A weakness of my teaching plan was that I can't actually evaluate whether or not she went home and started practicing these lifestyle changes. I could have provided meal examples for a fat free diet. I could have also told her some exercises that she could possibly do to help her breathing and overall health.

	tremendously. **Affective outcome:** The patient's attitude and motivation to learn really showed when I was teaching the discharge information about potential effects of gallbladder removal and acute cholecystitis. She was engaged and she wanted to learn more. She verbalized what she can do to change her diet like limit butter on food. **Psychomotor objective:** This patient will be able to eat better meals, exercise, check BP regularly, identify signs/symptoms of further complications, and go to scheduled doctor visits. **Psychomotor outcome:** Outcome can't be determined yet, but patient verbalized the changes she was going to make.			

Reference(s):
Capriotti, T., & Frizzell, J. P. (2016). *Pathophysiology: introductory concepts and clinical perspectives*. Philadelphia: F.A. Davis Company.
Sambrook, D. J. (2017, September 11). *Gallstones diet sheet*. https://patient.info/news-and-features/gallstones-diet-sheet.