

**N321 Medical/Surgical
TEACHING PLAN INSTRUCTIONS AND EVALUATION**

STUDENT NAME: Jerry Williams Date: December 7, 2020
 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)	_____
<ul style="list-style-type: none"> 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)	_____
<ul style="list-style-type: none"> State objectives and outcomes: Include at least one from each learning domain: Cognitive, Affective & Psychomotor 		
Interventions	(2 points)	_____
<ul style="list-style-type: none"> List the content to be included in instruction. Be specific and accurate. Logical sequence. Simple to complex. Organized 		
Methods/Teaching Tools	(2 points)	_____
<ul style="list-style-type: none"> Instructional methods to be used: Examples are: Discussion <li style="padding-left: 40px;">Question & Answer <li style="padding-left: 40px;">Demonstration/Return Demonstration <li style="padding-left: 40px;">Strategies to keep patient's attention <li style="padding-left: 40px;">Methods to include patient in teaching/participation 		
Evaluation	(3 points)	_____
<ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> 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: Jerry Williams

Subject: Exercises: Ambulation and Range of Motion with Assistive Devices

Nursing Diagnosis: Impaired Physical Mobility related to status post knee replacement as evidenced by bed rest orders.

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) <u>Tools underlined</u>	Evaluation (see instructions)
<p>Client has mainly been in bed since his knee replacement surgery although at times, he gets out of bed to urinate because he doesn't want to use the urinal.</p> <p>Client was smiling, talkative, and appeared energetic.</p> <p>Appears to have adapted to his surgery as he was in mild pain distress (2/10), alert and oriented X 1 (at 86-years-old, perhaps his "norm;" unknown); no shortness of breath; +2 distal pulses of all extremities; blood sugar wnl.</p> <p>Client had no physical handicaps to perform limited range of motions and weight bearing with walker. Doctor ordered client up, out of bed for today's care.</p> <p>Client health status was good: before exercises, client had eaten 50% of his breakfast and had 240 ml of liquids; had 220 ml of urine output; +flatus; - bowel movement</p> <p>Spoke English; did have periodical visual illusions</p>	<p><u>Learning Domains:</u></p> <p>Cognitive domain – After nursing instructions, client will recall reasons why he has to perform limited range of motion and weight bearing with walker on surgical extremity properly.</p> <p>Affective domain – After nursing instructions, client will express his feelings and appreciations of learning how to perform limited range of motion and weight bearing with walker of surgical extremity properly.</p> <p>Psychomotor domain – After nursing instructions, client will return demonstrate on how to limited perform range of motion and weight bearing with walker of surgical extremity properly.</p>	<p>Client will perform two series of five foot dorsi-flexions</p> <p>Client will perform two series of five foot plantar-flexions</p> <p>Client will perform two series of five leg extensions</p> <p>Client will perform two series of five leg flexions</p> <p>Client will perform two series of five hip abductions</p> <p>Client will perform two series of five hip abductions</p> <p>Client will ambulate with walker, with gait belt applied, with health professional, in the hallway of hospital for one complete round. Then rest, v/s assessed, assess pain scale of left knee, document.</p>	<p>Have client perform the four limited range of motions exercise while sitting on his <u>chair</u> in his room.</p> <p>Have client perform the weight bearing exercise with walker and gait belt while completing a complete cycle in the <u>hallway</u>.</p> <p>After exercises, client will return to his room for assessment.</p> <p><u>Walker</u></p> <p><u>Gait belt</u></p>	<p>Client had no difficulty recalling why he had to perform the range of motion exercises to his leg as he basically repeated what I had said to him. His short-term memory was good because he again told me later why he was moving his leg/foot about.</p> <p>Client had difficulty expressing his feelings and appreciations of learning how to perform exercises. Possibly some altered mental issue (blood sugar and v/s were wnl).</p> <p>Client had no difficulty return demonstrate range of motion exercises.</p> <p>Client had no difficulty ambulating around the hallway with walker and gait belt applied.</p> <p>His gait was brisk and steady but had client to slow down (heart rate climbed to 140 beats per minutes); he performed heel-toe movement; no swaying or stumbling; no active bleeding from surgical site.</p> <p>Client did express pain went from a "two" to a "five" after exercises, which meant that he did put in some work on the surgical leg.</p>

Reference(s): Andrews, E. (2020, February 11). *Nursing Care Plan for Left Knee Replacement*. <https://nursinganswers.net/essays/nursing-care-plan-left-knee-5026.php>.