

N441 Teaching Plan**Student Name: Whitney Miller**

Assessment of Client/ Family (5 points)	Nursing Diagnosis & Goal of Teaching (5 points)	Interventions (5 points)	Methods/Teaching Tools (2 points)	Evaluation (3 points)
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Level of motivation for learning: Patient not eager to learn. Patient has been noncompliant with prescribed diet regimen. Barriers to effective learning: No barriers to learning. Health beliefs/values: Traditional beliefs and values. Psychosocial development: Integrity vs Despair of Erikson's stages of psychosocial development	Nursing Diagnosis: Deficient knowledge related to diabetes and diabetic diet as evidenced by non-compliance and patient stating, "I am unsure what foods I should even be eating". Goal of Teaching: Patient will have a thorough understanding of why compliance with a diabetic diet is important as well as	Intervention 1: Encourage the patient to be diligent and educated about preventing complications of her type II diabetes such as cardiovascular disease, kidney disease, and eye disease (Capriotti, 2020). Intervention 2: Educate the patient on identifying appropriate food choices that correlate with her diet plan such as fruits, vegetables, whole grains, lean protein, and low-fat dairy (Mayo Foundation for Medical Education and Research, 2021)	Method 1: Discussion: The nurse discussed with the patient the importance of following a diabetic diet, potential complications of uncontrolled type II diabetes, and food options that fit her diet. Method 2: Teach back: The nurse asked the patient to repeat back what potential complications may result from not following a	Discuss how the client/family received the teaching: Patient was willing to listen and learn about her diabetic diet plan and complications of her disease. Patient participated by asking questions and was receptive to the teach back method. Identify strengths/weaknesses of the client or family in receiving teaching: The patient had a weakness in the beginning of seeming unready to learn, however, the client did listen to the teaching and was receptive. Suggest modifications to
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References (2) (APA):

Capriotti, T. (2020). *Davis advantage for pathophysiology: Introductory concepts and clinical perspectives* (2 nd ed.) F.A. Davis Company.

Mayo Foundation for Medical Education and Research. (2021, March 25). *Diabetes diet: Create your healthy-eating plan*. Mayo Clinic. Retrieved April 11, 2022, from <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>