

## Teaching Plan

**Level of motivation:** Patient is motivated and ready to learn how to change her diet, showing that she is interested.

**Barriers to effective learning:** Sticking with the diet and not turning back to her old ways of eating fatty foods.

**Health beliefs/values:** Patient is not religious and does not have any specific beliefs or values.

**Psychosocial development:** Patient starting menopause symptoms, very irritable, physical appearance patient is clean and slightly obese.

**Cognitive development:** Patient is A&O x4, no confusion/memory loss, she is able to understand instructions and speak well. Learning takes a little longer to process the new information.

**Nursing diagnosis:** Patient is at risk for diabetes related to eating fatty foods every day as evidenced by having hypertension.

**Goal of teaching:** The goal is for the patient to understand the importance of having a heart healthy diet and follow the plan.

**Intervention 1:** Provide patients with decision making support to enhance self care and well being of the patient and family.

**Intervention 2:** Provide the risks and benefits of a healthy diet to the patient.

**Intervention 3:** Track what foods and how much the patient is eating.

Method/teaching tools

**Method 1:** Give the patient a sheet that has foods that she should try to start implementing into her diet, as well as showing her foods that she should avoid.

**Method 2:** Explain the risks of not following the diet that is set and the benefits of following the diet. As well as give a patient a sheet to track the foods she is eating and how much.

**Discuss how client/family received the teaching:** Client was eager to change eating habits, understands the importance of this diet and what she is at risk for. Family was also very supportive of the client and was willing to help the client with this diet.

**Identify strengths/weaknesses of client or family in receiving teaching:**

Strengths- Client was very eager to learn about what she can do to improve her eating habits.

Clients would like to eat healthier. Family was very supportive and wanted to be involved with the client's plan.

Weaknesses- Client states that it will be hard to not eat bacon

**Suggest modifications to improve the teaching plan (what would have improved the plan?):**

Something that could improve this teaching plan is to have the client document what they are eating and have them track their calories. This would possibly help them stay on track with her eating habits.

## References

Phelps, L. (2023). *Nursing Diagnosis Reference Manual* (12<sup>th</sup> ed.). Wolters Kluwer.

Restivo, J. (2023, November 9). *Heart-healthy foods: What to eat and what to avoid*.

Harvard Health. <https://www.health.harvard.edu/heart-health/heart-healthy-foods-what-to-eat-and-what-to-avoid>