

Assessment of Client/Family (5 points)	Nursing Diagnosis & Goal of Teaching (5 points)	Interventions (5 points)	Methods/Teaching Tools (2 points)	Evaluation (3 points)
<p>Level of motivation for learning: Patient is determined to learn, and family is right here with them to help as they can.</p> <p>Barriers to effective learning: Patient is hard of hearing.</p> <p>Health beliefs/values: Believes that if it is her time to go then she does not want any extreme measures to save her life.</p> <p>Psychosocial development: Integrity verses despair</p> <p>Cognitive development: Formal operational</p>	<p>Nursing Diagnosis: Decreased activity tolerance related to imbalance between oxygen supply and demand as evidenced by shortness of breath.</p> <p>Goal of Teaching: To teach patient good exercises to stay active and that won't overexert the patient.</p>	<p>Intervention 1: Assess the cause of activity intolerance (Phelps, p. 3, 2020).</p> <p>Intervention 2: Identify activities that are important to patient (Phelps, p. 3, 2020).</p> <p>Intervention 3: Teach patient exercises that can improve tolerance (Phelps, p. 3, 2020).</p>	<p>Method 1: Interactive</p> <p>Method 2: Discussion</p>	<p>Discuss how the client/family received the teaching: The family and patient did well, they sat and listened to everything I had to say and participated in the teaching.</p> <p>Identify strengths/weaknesses of the client or family in receiving teaching: Strength is the patient's willingness to learn how to do what she needs to. Weakness is her shortness of breath and getting it under control.</p> <p>Suggest modifications to improve teaching plan (what would have improved the plan?): The teaching plan could have been improved by finding better exercises to help the patient with her shortness of breath.</p>

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References (2) (APA):

Linda Lee Phelps. (2023). *Sparks & Taylor's Nursing Diagnosis Reference Manual*. (12th ed.). Wolters Kluwer Medical.

Simply Psychology. (2024, January 25). *Erikson's Stages of Development*. <https://www.simplypsychology.org/erik-erikson.html>

