

Teaching Plan Group: Emily, Cheyenne, Ava
Teaching Plan on checking blood glucose

Level of motivation for learning:

The patient and patient's family is motivated to learn. The patient has hearing aids in so he can hear and understand.

Nursing Diagnosis: Elevated blood glucose relating to uncontrolled diabetes, as evidenced by blood glucose being 400.

Reference: Phelps, L. L. (2023). *Nursing diagnosis reference manual* (4th ed.). Wolters Kluwer

Goal of Teaching: The patient will demonstrate how to check blood sugar using the teach back method upon discharge.

Invertensions:

1. Have the patient check their blood sugar before and after each meal. This will encourage patient to have a well balanced diet and effectively manage blood sugar.
2. Encourage the patient to have a well balanced diet. This will encourage all the patient's body systems to be healthy. For example, a high cholesterol and sodium diet can lead to heart related problems.
3. Encourage the patient to rotate between finger stick sites. This will encourage sites to not become sore, prevent calluses and infection.

Methods/Teaching Tools:

1. Print out teaching instructions
2. Teach-back method

Evaluation:

The patient and the patient's family were appropriately able to teach back how to check blood sugar to the nurse. The patient's weakness is adapting to checking blood sugar before and after meals. The patient's strengths are willing to participate in teaching, and keeping a routine of checking blood sugars each day.

One way to improve the plan would be, while using the teach back method, asking the patient throughout the teaching if they understood what was being taught to them.