

N321 Nursing the Adult Client

TEACHING PLAN

Student Name: Udoka Uwakwe

Subject: Heart Failure

Nursing Diagnosis: Deficient knowledge related to stress overload & MI

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)	Evaluation (see instructions)
<p>A 35-year-old man has had heart failure, His ventricular muscle is weakened, it has the inability to expand and fill with blood volume. His heart has a hard time pumping blood to the lungs and body. His mom has had a history of heart problems and his dad has no known cases of heart issues. Both of his parents are caucasian and obese. He has symptoms of fatigue, decreased exercise tolerance, and weakness. The patient suffers from obesity. The patient is always under severe stress from work. With severe stress, the patient had a high blood pressure 128/90. His family believes in healthy remedies instead of medications unless it is severely needed.</p>	<p>Cognitive Objective: To remember, understand the effects of stress and obesity has on the heart and body. Demonstrated breathing techniques, breathe in for 4 seconds, exhale for 7 seconds if you feel lightheaded stop the breathing technique to catch up in your breathing. The patient will exercise daily to lose weight while eating healthier, eating cleaner will elevate any pressure around the heart. Exercise will also be a way to decrease work stress. This will all be done in an effort to elevate heart problems.</p> <p>Cognitive Outcome: The patient verbalized his understanding of how to become self-aware when stress is taking place. He asked questions about the type of foods he should be eating and how to know when to stop exercising for the day. The patient showed an understanding of the foods to avoid. And the importance of losing weight to help his quality of life and elevate heart issues.</p> <p>Affective Objective: This patient will</p>	<p>After you leave the hospital you should:</p> <ul style="list-style-type: none"> -Read over care notes summary -Take medication as prescribed when heart rate is higher than normal -Practice breathing techniques for stress, (4,7,8 count) demonstrated to the patient - risk of stress -exercise minimum of 45 min per day -create a meal plan of new foods to eat benefiting heart - handling stress helps the mind be able to focus more, fight off depression and reduce physical pain that stress could bring. 	<p>A video of various exercises the patient can use will be used to keep the attention of the patient. There will be face to face demonstrations on breathing techniques. There will be a discussion and questions to have a better understanding of what foods are beneficial and foods that need to be out of the diet.</p>	<p>The patient showed an understanding of the risk factors of stress, obesity, and bad eating. I believe his parents showed concern and empathy on lifestyle changes to be a way of help to their son and how they can notice signs of stress, harmful foods, irregular heart rate to make sure it progresses and not worsen. The patient and the parents verbalized their questions and concerns as to why lifestyle changes were picked after explained they seem very hopeful that this was going to be a good way to handle his heart failure. I provided him.</p>

	<p>value the information given to him, he is willing to receive information and he is motivated to change his diet to a healthier lifestyle and exercise to lose weight and decrease daily stress.</p> <p>Affective Outcome: the patient was eager to find ways to help with his heart failure. he had a positive attitude and showed respect to me while I gave him the solutions. The patient seemed dedicated to making lifestyle improvements.</p> <p>Psychomotor Objective: This patient will be able to notice differences surrounding heart rate, weight and overall feelings in stress and health. This patient is aware of the difficulty this transition may be and has received support from the family.</p> <p>Psychomotor Outcome: This patient verbally showed an understanding on knowing the risk and seeing the increase or decrease of heart failure. This patient is aware and gave a verbal understanding of the impact of diet, stress, and exercise to the heart. The patient and the patient's family asked several questions.</p>	<ul style="list-style-type: none"> - Stress includes headaches, physical wellness decreases (sick more often), loss of libido, headaches, depression - Exercise will help destress the body - Losing weight will elevate pressure around the heart - Certain foods can help the body and heart get nourished 		
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References:

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