

Health Teaching Plan Template

Topic: How to relieve stress
11:00 AM

Venue/Time: Patient at bedside @ SHMC,

OBJECTIVES	CONTENT	TEACHING STRATEGIES	TIME ALLOTMENT	PERSONS INVOLVED	RESOURCES	EVALUATION
<p>By the end of the shift, the patient will be able to:</p> <ul style="list-style-type: none"> - State the effects of stress on the body - Utilize stress relieving techniques - Practice several stress relieving 	<p>Physiological effects of stress on the body</p> <ul style="list-style-type: none"> - Stress can cause low energy, headaches, upset stomach, aches, chest pain, insomnia, and nervousness - This can cause the infection to become worse because the body is already fighting an 	<ul style="list-style-type: none"> -Lecture - Demonstration -Return demonstration 	<p>Physiological effects of stress on the body (10 minutes)</p> <p>Demonstration of stress relieving techniques (30 minutes)</p> <p>Stress relieving techniques (1 hour)</p>	<p>Patient and patient's mother</p> <p>Student nurse</p>	<p>Handouts and videos</p>	<p>The patient will meet the goals</p> <p>Patient will be able to state an understand the physiological effect of stress on the body</p> <p>Patient will utilize stress relieving techniques to relieve their stress of being in the hospital</p>

<p>techniques</p>	<p>infection.</p> <p>The different stress relieving techniques:</p> <ul style="list-style-type: none"> - Meditating: closing your eyes and saying positive mantras - Breathing deeply: focusing on your breathing, slowly breathe in, hold your breath, and exhale slowly. - Talking to family or friends: talking things out with trusted person - Place a warm compress 					<p>Patient will pick the best stress relieving technique that works for them</p>
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	<p>around the patient's neck and relax all muscles</p> <ul style="list-style-type: none">- Watch shows that the patient enjoys, play music that the patient likes					
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