

N431 Adult Health II
TEACHING PLAN INSTRUCTIONS AND EVALUATION

STUDENT NAME: Teionna Saccocio _____ Date: 6-23-20 _____

Use the format page included for preparing the written component of the teaching plan. Students will be evaluated on the written plan (15 points) and on the presentation of the teaching plan (10 points). Total Points possible = 25 points.

SCORE

I. Evaluation of the **written component**

Assessment of patient/client

(3 points)

- Prior knowledge of subject to be taught
- Determine patient's motivation to learn content
- Health beliefs/values
- Psychosocial adaptations/adjustment to illness
- Compliance with health care protocols
- Assess patient's ability to learn
- Developmental level
- Physical capabilities/health status
- Language skills/literacy
- Level of education

Nursing Diagnosis Identified

(1 point)

Planning

(3 points)

State objectives and outcomes: Include at least one from each learning domain:
Cognitive, Affective & Psychomotor

Interventions

(2 points)

List the content to be included in instruction. Be specific and accurate.

- Logical sequence.
- Simple to complex.
- Organized

Methods/Teaching Tools

(2 points)

Instructional methods to be used:
Examples are: Discussion
Question & Answer
Demonstration/Return Demonstration
Strategies to keep patient's attention
Methods to include patient in teaching/participation

Evaluation

(3 points)

Determine achievement of learning objectives based on expected outcomes. Identify strengths/weaknesses, Suggest modifications to plan; i.e. what would have made it better

References Listed in APA format.

(1 point)

TOTAL CONTENT

_____/15

II. Evaluation of **teaching presentation**

(10 points)

_____/10

Introduction of content, Patient put at ease, Eye contact,
Clear speech and organized presentation, Environment conducive to learning,
Family included, Accuracy of info, Validation of learning status, Use of teaching aids,
Appropriate non-verbal body language etc.

Date Submitted: _____

Total points

_____/25

**N431 Adult Health II
TEACHING PLAN**

Student Name: Teionna Saccocio

Subject: Relaxation Techniques

Nursing Diagnosis: Anxiety related to stressors as evidenced by hypertension

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>The patient has previously been taught methods to relieve stress. She was receptive to listening. She stated that she is not sure why her blood pressure increases. She has been compliant with her medications. Her developmental level is appropriate. The client is physically capable of implementing the suggested relaxation techniques. The client is fluent in English.</p>	<p>Cognitive: The patient will identify and verbalize symptoms of anxiety.</p> <p>Affective: The patient will participate in demonstrating the relaxation techniques.</p> <p>Psychomotor: The patient will use relaxation techniques to decrease anxiety after discharge.</p>	<p>The patient will be asked about her current methods of stress reduction. After finding out what she does, I will ask her if she has any knowledge of the methods that I will go over today. After she tells me about what she has previously tried, we will go over deep breathing, guided imagery, and progressive relaxation in detail, and I will then have her demonstrate these techniques back to me. After the demonstration I will ask her if she has any questions and we will go over how exactly she will try to incorporate these techniques after discharge.</p>	<p>We started with a discussion regarding her anxiety and hypertension. I asked her questions about her current coping methods when she starts to feel anxious. I went over three different relaxation techniques and explained them to the patient. To keep her attention, I made sure she was a part of the conversation by having her demonstrate the methods to me. I also used printed handouts that I obtained from the Sarah Bush nursing resources through the intranet.</p>	<p>The patient was very receptive to listening but stated that she has already tried all of the things that we went over. She also stated that nothing seems to work as she gets high blood pressure even when she has not exerted herself. She was able to express herself and said that she has been depressed since the Covid restrictions have been placed at the facility she lives in. The only that would make the patient's situation better is for her to be able to have visitors and more interaction at her assisted living facility. The patient did state that she would try deep breaths and would continue to close her eyes and pray when she gets stressed.</p>

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Reference(s):