

**N321 Medical/Surgical
TEACHING PLAN INSTRUCTIONS AND EVALUATION**

STUDENT NAME: Ashlynn McConaha

Date: July 21st 2020

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/class	(3 points)	_____
<ul style="list-style-type: none"> Prior knowledge of subject to be taught Determine patient's motivation to learn content Health beliefs/values (Taylor pgs 70 & 513) 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)	_____
<ul style="list-style-type: none"> State objectives and outcomes: Include at least one from each learning domain: Cognitive, Affective & Psychomotor 		
Interventions	(2 points)	_____
<ul style="list-style-type: none"> List the content to be included in instruction. Be specific and accurate. Logical sequence. Simple to complex. Organized 		
Methods/Teaching Tools	(2 points)	_____
<ul style="list-style-type: none"> Instructional methods to be used: Examples are: Discussion <li style="padding-left: 20px;">Question & Answer <li style="padding-left: 20px;">Demonstration/Return Demonstration <li style="padding-left: 20px;">Strategies to keep patient's attention <li style="padding-left: 20px;">Methods to include patient in teaching/participation 		
Evaluation	(3 points)	_____
<ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> 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

**N 301 Nursing the Adult Client
TEACHING PLAN**

Student Name: Ashlynn McConaha

Subject: Client with Type 2 diabetes

Nursing Diagnosis: Deficient knowledge related to diagnosis, acute pain, imbalanced nutrition

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 30-year-old male patient was admitted to the ER with a new diagnosis of Type 2 Diabetes Mellitus. He had no prior knowledge of information regarding Type 2 diabetes and discharge information on management of the disease. He was very motivated to learn how to manage the disease because he needed to get back to work in order to pay his bills. This patient was Caucasian and his wife was present during the discharge teaching. This patient was hospitalized for three days, and was eager to get back home to spend time with his wife and other family members. He was very close with his brother who had two sons he also spent a lot of time with. He asked for a doctor's note for work until Thursday, July 23rd so he could rest up and heal his immune system because of the health pandemic going on in the country. The patient was compliant with the health care protocols. The patient was willing to learn and asked many questions to clarify the discussion topics. He asked for a pamphlet or handout with the information we talked about to review and follow. This patient had an appropriate developmental level for his age,</p>	<p>Cognitive: To remember, understand, and apply the discharge information given to him about signs and symptoms to look for hypoglycemia and hyperglycemia, proper diet changes, exercise regimen, when to call the doctor, and importance of fluids daily.</p> <p>Outcome: The patient verbalized understanding of the importance in the information provided, and asked questions to clarify certain topics. He identified what would happen if he did not properly manage his diabetes and future complication that may occur.</p> <p>Affective: This patient will respect and be willing to perceive the information being given to him. He will be motivated to learn and install changes into his daily routine.</p> <p>Outcome: The patient had a positive attitude when receiving the discharge information about managing this disease. He and his wife gave willing responses to the questions and information provided. He was motivated and asked for more information regarding how diabetes management will prevent future complications with his health. He also asked for more information of</p>	<p>What is Type 2 diabetes and the causes?</p> <p>Type 2 diabetes is a chronic condition that affects metabolism of glucose. With this condition your body may produce too little insulin or resist the effects of insulin, which will both affect glucose levels in the body. Contributing factors include genetics, obesity, decreased diet, and poor nutrition.</p> <p>Risk factors:</p> <ul style="list-style-type: none"> • Obesity/fat distribution • Inactivity • Family history • Race • Age • Areas of darkened skin, usually in the armpits and neck <p>Complications:</p> <ul style="list-style-type: none"> • Heart and blood vessel disease • Kidney damage • Eye damage • Nerve damage or neuropathy • Slow healing • Hearing impairment • Skin conditions • Sleep apnea <p>Prevention:</p> <ul style="list-style-type: none"> • Eat healthier foods <ul style="list-style-type: none"> ➢ Recommend foods lower in fat and calories and higher in fiber. ➢ Incorporate fruits, vegetables, and whole grains. • Increase daily activity <ul style="list-style-type: none"> ➢ Recommend the client gets at least 30-60 minutes of moderate physical activity 	<p>The patient was given a pamphlet on Type 2 diabetes as well as a handout with important information that was covered in our discussion. We went through the information together, which included his wife, and had a discussion to ensure he and his wife understood the topics of the teaching.</p>	<p>I believe the patient achieved the goals discussed in the discharge teaching. He understood the proper signs and symptoms to look for to indicate low or high levels of glucose and what interventions are necessary. He understood the importance of attending a follow up appointment with his primary care provider. The strengths of my teaching was the teaching method I went with. It included the pamphlet and a handout of the information. The client could follow along with the teaching information, and make notes that he could use to review when he got home. A weakness in my teaching plan was that there wasn't really a psychomotor aspect that could be taught, since the doctor didn't prescribe insulin. He did verbalize he was able to properly take his blood glucose at home. I could have provided more information on the specific foods to include in his diet and provided supplemental information on that to improve my teaching plan.</p>

<p>he graduated from the University of Illinois six years ago. He was capable of reading the handouts he was given and understood the information that he was provided.</p>	<p>the positive benefits of exercise and diet with diabetes.</p> <p>Psychomotor: The patient will be able to properly monitor his blood sugar daily. He will be able to drive himself to his follow up appointment after discharge.</p> <p>Outcome: Patient verbalized he would eat healthier and introduce regular exercise into his daily routine.</p>	<p>daily.</p> <ul style="list-style-type: none"> ➤ Examples of activities include brisk walking, jogging, bike rides, or swimming. <ul style="list-style-type: none"> • Lose weight <ul style="list-style-type: none"> ➤ Overweight individuals should try losing 5-10% of their body weight. • Avoid being sedentary for too long <p>Management:</p> <ul style="list-style-type: none"> • Weight loss • Eating healthy • Exercise regularly • Medications <ul style="list-style-type: none"> ➤ Oral medications: Metformin (Glucophage, Glumetza) • Monitor blood sugars <p style="text-align: center;">References</p> <p>Hinkle, J. L., & Cheever, K. H. (2014). <i>Brunner & Suddarth's Textbook of Medical-Surgical Nursing</i> (13th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.</p> <p>Mayo Clinic. (2019, January 9). <i>Type 2 diabetes</i>. https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193.</p>		
---	--	---	--	--