

THE WILLIAM PATERSON UNIVERSITY OF NEW JERSEY
COLLEGE OF SCIENCE AND HEALTH
SCHOOL OF NURSING

CLIENT TEACHING PLAN

Student Name: Anthony Martinez

Date: APR 10, 2024

Course Section: NUR 3280

Assessed Learning Need / deficit: M.B. is a 61-year-old female who is 187 lbs. and who is 66 inches tall. According to the CDC Adult BMI guideline, she had a BMI of 30.2 and falls in the "obesity" category for adults. M.B. has a past medical history of Diabetes Mellitus, Cardiac arrest, sleep apnea, and hypertension. Her 24-diet recall included 2 fried eggs with pancakes, a cup of milk, one cup of orange juice for breakfast, 2 slices of pizza with french-fries for lunch, and a cheeseburger with apple juice for dinner. The client states that she does not conduct any form of exercise in her life and that she mostly sits at home watching television. The only time she moves is when she gets out of bed, to the couch, bathroom, or if she has to move around the house. The client's learning need will be to choose healthier eating habits and perform exercise to reduce her BMI.

Client's Goal: After today's teaching lesson, the client will learn about a healthy BMI and how to achieve this healthy BMI through various methods and incorporate these methods into their daily activities.

Objective(s) Minimum 3:

1. The client will learn three benefits of why it's important to be in a healthy BMI
2. The client will demonstrate 3 aerobic exercises they can do at home
3. The client will prepare a month-long healthy eating plan using myplate.gov

Introductory Statements: Hello Mrs. M.B, my name is Anthony, and I am a student nurse at William Paterson University. From our assessment, you have weight 187 lbs at a height of 66 inches which means you have a BMI of 30.2 and that puts you in the obesity category. Your 24-diet recall is not the most optimal when it comes to healthy eating habits, and you have stated to live a sedentary lifestyle. Today I will teach you the multiple ways to obtain a healthy BMI and teach you the importance of maintaining a healthy BMI. Our three objectives that you will learn by the end of today are; the importance of having a healthy BMI, 3 aerobic exercises that you can perform at home and preparing a month-long healthy eating plan using myplate.gov.

Teaching Plan:

Learning Objectives: (For the client)

Type of Objective (Learning domain):

Content appropriate to meet each objective (E.g. risk factors for diabetes. Content must be referenced):

Teaching strategies for each objective and your rationale for why the strategy is appropriate (must be referenced):

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Lauren Gardner



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Table of Contents Teaching With Flannel Boards William Paterson University

1. Understanding the eBook Teaching With Flannel Boards William Paterson University
 - The Rise of Digital Reading Teaching With Flannel Boards William Paterson University
 - Advantages of eBooks Over Traditional Books
2. Identifying Teaching With Flannel Boards William Paterson University
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Teaching With Flannel Boards William Paterson University
 - User-Friendly Interface
4. Exploring eBook Recommendations from Teaching With Flannel Boards William Paterson University
 - Personalized Recommendations
 - Teaching With Flannel Boards William Paterson University User Reviews and Ratings
 - Teaching With Flannel Boards William Paterson University and Bestseller Lists
5. Accessing Teaching With Flannel Boards William Paterson University Free and Paid eBooks
 - Teaching With Flannel Boards William Paterson University Public Domain eBooks
 - Teaching With Flannel Boards William Paterson University eBook Subscription Services
 - Teaching With Flannel Boards William Paterson University Budget-Friendly Options
6. Navigating Teaching With Flannel Boards William Paterson University eBook Formats

- ePub, PDF, MOBI, and More
- Teaching With Flannel Boards William Paterson University Compatibility with Devices
- Teaching With Flannel Boards William Paterson University Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Teaching With Flannel Boards William Paterson University
 - Highlighting and Note-Taking Teaching With Flannel Boards William Paterson University
 - Interactive Elements Teaching With Flannel Boards William Paterson University
- 8. Staying Engaged with Teaching With Flannel Boards William Paterson University
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Teaching With Flannel Boards William Paterson University
- 9. Balancing eBooks and Physical Books Teaching With Flannel Boards William Paterson University
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Teaching With Flannel Boards William Paterson University
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Teaching With Flannel Boards William Paterson University
 - Setting Reading Goals Teaching With Flannel Boards William Paterson University
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Teaching With Flannel Boards William Paterson University
 - Fact-Checking eBook Content of Teaching With Flannel Boards William Paterson University
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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