Planning
Developing a teaching plan is accomplished in a series of steps. Involving the client at this time promotes the formation of a meaningful plan and stimulates client motivation. The client who helps develop the teaching plan is more likely to achieve the desired outcomes (see Client Teaching: Sample Teaching Plan for Wound Care).

Determining Teaching Priorities
The client’s learning needs must be ranked according to priority. The client and the nurse should do this together, with the client’s priorities always being considered. Once a client’s priorities have been addressed, the client is generally more motivated to concentrate on other identified learning needs. For example, a man who wants to know all about coronary artery disease may not be ready to learn how to change his lifestyle until he meets his own need to learn more about the disease. Nurses can also use theoretical frameworks, such as Maslow’s hierarchy of needs, to establish priorities (see Chapter 8).

Setting Learning Outcomes
Learning outcomes can be considered the same as desired outcomes for other nursing diagnoses. They are written in the same way. Like client outcomes, learning outcomes

- State the client (learner) behavior or performance, not nurse behavior. For example, “Identify personal risk factors for heart disease” (client behavior), not “Teach the client about cardiac risk factors” (nurse behavior).

CLIENT TEACHING Sample Teaching Plan for Wound Care

Assessment of learner: A 24-year-old male college student suffered a 7-cm (2.5-inch) laceration on the left lower anterior leg during a hockey game. The laceration was cleaned, sutured, and bandaged. The client was given an appointment to return to the health clinic in 10 days for suture removal. Client states that he lives in the college dormitory and is able to do wound care if given instructions. Client is able to understand and read English. Assessed to be in the “preparation” and “action” stages of change.

Nursing Diagnosis: Deficient Knowledge (Care of Sutured Wound) related to no prior experience.

Long-Term Goal: Client’s wound will heal completely without infection or other complications.

Intermediate Goal: At clinic appointment, client’s wound will be healing without signs of infection, loss of function, or other complication.

Short-Term Goals: Client will (a) correctly list three signs and symptoms of wound infection and (b) correctly perform a return demonstration of wound cleansing and bandaging.

LEARNING OUTCOMES

Upon completion of the instructional session, the client will

1. Describe normal wound healing.

2. Describe signs and symptoms of wound infection.

3. Identify equipment needed for wound care.

4. Demonstrate wound cleansing and bandaging.

5. Describe appropriate action if questions or complications arise.

6. Identify date, time, and location of follow-up appointment for suture removal.

Evaluation: The client will:

1. Respond to questions regarding self-care of wound.

2. Return demonstration of wound cleansing and bandaging.

CONTENT OUTLINE

I. Normal wound healing

II. Infection

- Signs and symptoms include wound warm to touch, misalignment of wound edges, and purulent wound drainage.

- Signs of systemic infection include fever and malaise.

III. Wound care equipment

- a. Cleansing solution as prescribed by physician (e.g., clear water, mild soap and water, or antimicrobial solution)

- b. Bandaging material: Telfa, gauze wrap, adhesive tape.

IV. Demonstration of wound cleansing and bandaging on the client’s wound or a mannequin.

V. Resources available for client questions include health clinic, emergency department.

VI. Follow-up treatment plan; where and when

TEACHING METHODS

- Describe normal wound healing with the use of audiovisuals.

- Discuss the mechanism of wound infection. Use audiovisuals to demonstrate infected wound appearance.

- Provide handout describing signs and symptoms of wound infection.

- Demonstrate equipment needed for cleansing and bandaging wound. Provide handout listing equipment needed.

- Demonstrate wound cleansing and bandaging on the client’s wound or a mannequin. Provide handout describing procedure for cleansing and bandaging wound.

- Discuss available resources. Provide handout listing available resources and follow-up treatment plan.

- Provide written instructions.