

# 55 Patient Education and Health Promotion

## WORD WIZARD

Write out the definition for each of these terms.

1. Affective domain \_\_\_\_\_

2. Cognitive domain \_\_\_\_\_

3. Health education \_\_\_\_\_

4. Health promotion \_\_\_\_\_

5. Psychomotor domain \_\_\_\_\_

## PATIENT EDUCATION

6. List the top three causes of death in the United States.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

7. Why is educating the public about these illnesses so important?

\_\_\_\_\_

8. Why should the development of written objectives for patient teaching be considered?

\_\_\_\_\_

9. How can the RT state an objective in measurable terms during patient education sessions?

A. Begin with a \_\_\_\_\_

B. Write an action \_\_\_\_\_

C. Add a condition \_\_\_\_\_

D. Write a standard \_\_\_\_\_

10. Give an example of an objective for each of the following learning domains.

	DOMAIN	OBJECTIVE
A.	Cognitive	
B.	Affective	
C.	Psychomotor	

11. Which of the learning domains should be evaluated before you proceed with patient education?

---

12. What is the key to motivating patients to learn?

---

13. What is the key to teaching psychomotor skills? How can you confirm that a patient or family member has learned a new skill?

---

14. Give an example from the text of how to relate psychomotor skills a patient uses every day to help make the transition from everyday life to therapy.

---

**Teaching Children, Adolescents, Adults and Older Adults**

15. How is teaching a child different from teaching an adult? How is it the same?

---

---

---

---

16. Where could you find resource materials to help in teaching children with asthma?

---

17. What suggestions are given for rewarding performance?

---

---

---

---

**Evaluation**

18. What process answers the question "Has the patient learned?" When should you begin to develop this process?

---

---

---

---

19. Describe some of the formal and informal ways you can tell whether a patient has met affective domain objectives.

---

---

---

---

## HEALTH EDUCATION

20. What is the primary goal of health education?

21. Learning activities must incorporate values and beliefs of the learner. List four factors that need to be considered in this area.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

22. How do the personal characteristics of the educator impact learning?

## HEALTH PROMOTION AND DISEASE PREVENTION

23. Compare the standard medical approach to health in the United States with the public health model.

24. What are two broad goals of the Healthy People 2020 initiative?

25. Discuss how RTs might participate in the management of COPD through education.

26. Besides the hospital, name four other settings where RTs would be likely to function as individual counselors or public health advocates.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

### CASE STUDIES

Your text has several good cases in the form of "Mini-Clinis," so let's do something else. Suppose you had to teach your classmates how to use a peak flow meter. Write three objectives for this topic for each domain using behavioral terms.

27. Cognitive domain

A.

B.

C.

28. Affective domain

A.

B.

C.

34. Which of the following best describes the application of the best healthcare practices to a population diagnosed with a chronic illness one person at a time?
- A. Disease management.
  - B. Population health.
  - C. Health literacy.
  - D. Chronic care.

### FOOD FOR THOUGHT

---

35. Why do you think the public should be educated about the risk factors for the top causes of death?

36. How is teaching other caregivers different from teaching patients or family members?

29. Psychomotor domain  
A.

## Cardiopulmonary Rehabilitation

B.

C.

30. How long would your teaching session last?  
\_\_\_\_\_

31. Give examples of how you would involve the following in your session.

- A. Hearing \_\_\_\_\_
- B. Seeing \_\_\_\_\_
- C. Touching \_\_\_\_\_
- D. Writing \_\_\_\_\_
- E. Speaking \_\_\_\_\_

32. Give an example of how you would measure learning for each domain.

- A. Cognitive \_\_\_\_\_
- B. Affective \_\_\_\_\_
- C. Psychomotor \_\_\_\_\_

### WHAT DOES THE NBRC SAY?

33. The best way to ensure that a patient has learned to properly administer a bronchodilator via MDI is to
- A. ask the patient to answer questions regarding inhaler use.
  - B. give the patient appropriate literature regarding MDI use.
  - C. ask the patient to demonstrate how to use the inhaler.
  - D. have the patient explain when he is to use the MDI.

34. Which of the following best describes the application of the best healthcare practices to a population diagnosed with a chronic illness one person at a time?
- A. Disease management.
  - B. Population health.
  - C. Health literacy.
  - D. Chronic care.

**FOOD FOR THOUGHT**

---

35. Why do you think the public should be educated about the risk factors for the top causes of death?

36. How is teaching other caregivers different from teaching patients or family members?