

A sample teaching plan template is provided below that integrates the nursing process and the teaching-learning process. Highlighted text in columns indicate how the components are related. Italicized text indicates sample content for this teaching topic.

TEACHING PLAN

Nursing Diagnosis	Related To (What is the etiology of the deficit?)	As Manifested By (What assessment data or supports the client's learning need or readiness to learn?)	Overall Goal
Knowledge Deficit: Breastfeeding	No prior experience	Client states, "I don't even know where to begin."	After the teaching session, the client will demonstrate increased knowledge related to breastfeeding.
Learning Objectives (What do you want the client to be able to do or say to demonstrate understanding? Include three domains of learning: cognitive, psychomotor, and affective.)	Content (WHAT will you teach? Use bullet points to outline what you will include in your teaching.)	Teaching Methods (HOW will you teach it? Include rationale for chosen method.)	Evaluation (Identify the degree to which the Learning Objectives were met and include findings to support analysis.) <input type="checkbox"/> Met <input type="checkbox"/> Partially Met <input type="checkbox"/> Not Met *Include plan for re-teaching if partially met or unmet
Learning Objective #1 (cognitive) <i>The client will demonstrate three aspects of a proper latch by the end of the teaching session.</i>	<ul style="list-style-type: none"> ● Wide open mouth ● Baby's chest to abdomen ● Off-centered latch ● Tongue over lower gum ● Lips flanged ● Nose and chin touching the breast ● Cheeks rounded ● Audibly swallowing heard ● Absence of pain 	Pamphlet -allows the client to reference the material at a later time. 1:1-Discussion -allows for exchange of ideas, clarification and questions. Video -provides an audiovisual demonstration of the skills	<i>Partially Met. Client demonstrated two aspects of a proper latch with waiting until the infant had a wide open mouth to begin and audible swallowing during the feeding. Will reinforce aspects during the next breastfeeding session.</i>
Learning Objective #2 (psychomotor) <i>The client will properly demonstrate two different breastfeeding holds by the end of the session. (psychomotor)</i>	<ul style="list-style-type: none"> ● Cradle hold-infant head at or near antecubital space and level with nipple, arm supporting infant's body ● Football/clutch-infant head supported with mother's hand, infant's body resting on pillow alongside her hip ● Cross-cradle-Mom holds infant's head in hand opposite the side on which infant will feed, infant 	Demonstration -helpful for psychomotor skills, allows nurse to talk through the steps slowly with the client. 1:1 Discussion -allows for exchange of ideas, clarification and questions.	<i>Met. Client demonstrated cradle hold and football hold. Will reinforce other optional holds during next breastfeeding session.</i>

	<p><i>lies across lap, other hand holds her breast</i></p> <ul style="list-style-type: none"> ● Side-lying-Mother on her side, upper hand arm used to position infant on the side at nipple level. 		
<p>Learning Objective #3 (affective)</p> <p><i>The client will identify two benefits of breastfeeding that she values by the end of the teaching session.</i></p>	<ul style="list-style-type: none"> ● <i>Convenient/inexpensive</i> ● <i>Enhances involution of uterus</i> ● <i>Reduced risk of infant infection</i> ● <i>Delays resumption of ovulation</i> ● <i>May reduce risk of some cancers</i> ● <i>Increased bonding with frequent skin to skin contact</i> 	<p>1:1 Discussion-allows for exchange of ideas, clarification and questions</p>	<p><i>Met. Client identified two benefits of breastfeeding including reduced risk of infection and inexpensive feeding.</i></p>