

## Adult Learners: Principles to Teach By

### Speakers

Speaker's Name

Speaker's Title

Speaker's affiliation

### Learner Objectives

- 1.)
- 2.)
- 3.)

### Outline

- Increase compliance... why?
  - Better for the patient
  - Reduce costs
    - Readmissions
    - Making unnecessary changes in treatment plan, not realizing that the patient was non-compliant
    - Estimated \$200 Billion per year in use, misuse, and nonuse of prescribed medications (Rosenow, E (2005). Patient's Understanding of and Compliance with Medications: The sixth vital sign. Mayo Clinic Proceedings, 80(8), 983-987).
- Adherence v. Compliance
  - Compliance: Patient behavior coinciding with physician advice
  - Adherence: Patient behavior coinciding with an agreed upon therapeutic regimen
- Why focus on Adherence?
  - Increase the patient's knowledge base
  - Improve or maximize their health status
  - Increase their problem solving skills
- Malcolm Knowles: Andragogy...Principles of an Adult Learner
  - Need to know
  - Learner's self-concept
  - Role of the learner's experience
  - Readiness to learn
  - Orientation to learning
  - Motivation
- Redman's Principles of Motivation
  - Learning materials should be well organized
  - Patient and clinician should work together to set achievable goals
  - A mild level of anxiety can be a positive motivator
  - Approval and positive feedback can increase motivation
- What is the depth of the problem?
  - Gender Issues (from the ADHERE data)
  - Data related to patient recall
- What do they need to learn?
  - Patients' v. Nurses' Rankings
- Other Issues to Consider...

- Co-morbidities
- Medication side effects or costs
- Putting the Pieces together: We know...
  - Adherence needs to be improved
  - Patients perceive the information they need to know differently
  - Adult learners need to know ...
    - Why the content is important to them
    - How it will impact their real world
    - Their goals will be respected
  - An individual's
    - Past experiences
    - Personal goals and concerns and cultural issues
    - Personal motivation
    - All impact their willingness and ability to learn
- Assessments: History taking: new focus...new data...new dimension
  - What are their goals?
  - What are their concerns?
  - Are there cultural issues that need to be acknowledged?
  - What are their past experiences with education and other health care providers?
  - What do they already know?
- Presenting the Information
  - Use multiple teaching strategies
  - Incorporate more than one teaching method to reinforce the major points
  - Summarize: Allow the patient to summarize the information
  - Reinforce major points
  - Follow-up
    - Post discharge/post clinic visit follow-up with a phone call
    - Next visit... assess adherence
    - Follow-up with their PCP to provide rationale for treatment plan
- In Conclusion...
  - We know the evidence based practice data.
  - We know what the patient ideally needs to know and why.
  - We need to apply the principles of adult learning to:
    - Maximize each patient's health status
    - Minimize complications and readmissions
    - Help each individual become appropriate problem solvers, and active participant in their care

#### References

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Galvao, M. (2005). Reshaping our perception of the typical hospitalized heart failure patient; A gender analysis of data from the AHDERE Heart Failure Registry. Journal of Cardiovascular Nursing. 20(6), 442-450.

Makarys, A., & Friedman, E. (2005). Patient's understanding of their treatment plans and diagnosis at discharge. Mayo Clinic Proceedings, 80(8), 991-994.