



Course Objectives

- ▶ Student's Motivation & Learning Style
 - Goal, Relationship, Learning Oriented, or Thrill Oriented
 - Learning Styles
 - Promoting Confidence

Course Objectives (cont'd)

- ▶ Strategies for Classroom Engagement and Interactive skill building
 - PowerPoint presentation
 - Review with Competency Based Approach (Group Exercises)
 - Make it Fun
 - Make it Competitive

Ice Breakers

- ▶ Incorporate all the learning styles
- ▶ Create a warm and welcoming environment
 - Questions always welcomed
- ▶ Discussion of why they are here



Motivation Style

- ▶ Goal Oriented
- ▶ Relationship Oriented
- ▶ Learning Oriented
- ▶ Thrill Oriented (not so common)



Obstacles to Learning

- ▶ Lack of time
- ▶ Dismissive attitudes of educators
- ▶ Learners are tired
- ▶ Pressure related to fear
- ▶ Literacy including numerical



Learning Styles

- ▶ Visual
- ▶ Auditory
- ▶ Tactile-Kinesthetic
- ▶ Global
- ▶ Analytic



Visual

- ▶ Remembers what they read and write.
- ▶ Enjoys visual projects and presentations.
- ▶ Can remember diagrams, charts, maps well.
- ▶ Understands information best when they SEE it.



Examples of PowerPoint Presentations

- ▶ Topics covered:
 - Medication Therapy
 - Generic and Brand Names
 - Infections
 - Cardiovascular System

◦ Side note: Death by PowerPoint-KISS

Power Point Slides

Medication Therapy

Treatment by the use of substances that cure, relieve, prevent, and diagnose diseases.

Medications have three names.

- Chemical name: acetylsalicylic acid
- Generic name: aspirin
- Trade Names: "Bayer", "Empirin"



Auditory

- ▶ Remembers what they hear and say.
- ▶ Enjoys classroom and small-group discussion.
- ▶ Can remember oral instructions well.
- ▶ Understands information best when they HEAR it.



Tactile-Kinesthetic

- ▶ Remembers what they DO, what they experience with their hands or bodies (movement and touch).
- ▶ Enjoys using tools or lessons which involve active/practical participation.
- ▶ Can remember how to do things after they've done them once (motor memory).
- ▶ Have good motor coordination.



Global Thinkers

- ▶ Tend to make decisions based on emotions and intuition.
- ▶ Prefer working in an informal, less structured, more flexible environment.
- ▶ Tend to learn the general idea first, then look at the details.
- ▶ Learn best when information is presented with humor or emotion, a short anecdote.



(Cont'd) Global Thinkers

- ▶ Tend to take frequent breaks.
- ▶ Tend to need lessons which are interesting to them on a personal level.
- ▶ Discover well through group learning (small group techniques).
- ▶ Need written and tactile involvement.
- ▶ Respond well to pictures.



Analytic Thinkers

- ▶ Strong need to complete the task they are working on.
- ▶ Respond well to words and numbers.
- ▶ Need visual reinforcement
- ▶ Underlines or highlight important information.
- ▶ Give details in their feedback.



Analytic Thinkers

- ▶ Step-wise processes of learning.
- ▶ They are the tree seers rather than forest seers
- ▶ More comfortable in a world of details and structured information.
- ▶ Make decisions based on logic, facts and common sense.
- ▶ Work in an organized environment.
- ▶ Do one thing at a time.



Terminology Simplification

- ▶ Promoting confidence to achieve optimal health outcomes
 - Pulling it all together—light bulb effect
 - Sharing the above information with review exercises
 - Making it competitive and fun
 - Sharing different approaches of remember things

Classroom Engagement

▶ Competitive review exercises

- Class is divided equally into teams.
 - Builds sense of camaraderie
 - Increases enthusiasm
 - Promotes active learning
- Questions are read aloud to ensure student involvement for those who were unsure of some or many of the answers.

Review Questions

1. Monitoring sodium intake may be beneficial for people with high blood pressure.
2. A blood pressure of 120/100 is normal.
3. The top number of a blood pressure reading measures the amount of pressure in an artery when the heart is relaxed.
4. The primary purpose of digitalis medication is to slow and strengthen the heart rate.
5. One should hold antihypertensive meds and call the nurse if the blood pressure is below 86/48.
6. A normal resting pulse is approximately 120 beats per minute.
7. Vasodilators make blood vessels larger and increase blood flow.
8. Nitroglycerin, a vasodilator, is administered under the tongue and is given for chest pain.
9. Diuretics (water pills) pull fluid off the body. Unmonitored use of diuretics can be life threatening.

Inter-active skill building

▶ 20–25 minute lecture (be humorous)

- Slides should include video bits (even from you tube links)
- New activity
 - If topic is lengthy—encourage class to walk around room
- Making friends game
- List game (S&S infections)

Cardiovascular System

- What is a pulse?
- What is a blood pressure?
 - Systolic
 - Diastolic
 - Hypertension-silent killer
 - Normal ranges for individuals at AHRC
 - Systolic 90-140
 - Diastolic 60-90
 - <https://www.youtube.com/watch?v=12wmPW7n0bE>

Cardiovascular Meds

- Antilipemics
 - Lowers cholesterol
 - Lipitor



<https://www.youtube.com/watch?v=113nM110X5A>
https://www.youtube.com/watch?v=R3aQGDJG1wM&list=PLAYR0UCTEG3BV_rStcLverGBM5E-1pu/p&index=18

Making Friends Game

- Each staff member is given a piece of paper with a word/descriptor
- They are told to make friends with people who "connect" to what they have on their piece of papers
- Staff will have "many" friends
