



มหาวิทยาลัยราชภัฏนครปฐม



Fundamental Nursing Practicum

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CHAPTER 9

NURSING PRACTICES FOR PROVIDING HEALTH ADVICE WITH DIGITAL TECHNOLOGY





Objectives

1

Explain Health advice provided by Nurses

2

Explain types of digital technology

3

Explain Assessment documentation guidelines

Purpose of Health Advice Provided by Nurses



**Disease Prevention
& Health Promotion**



**Reducing Healthcare
Costs & Burden**



**Empowering
Patients for Self-Care**



**Strengthening
Nurse-Patient
Relationships**



**Enhancing
Patient Safety**



**Supporting Digital
Health &
Telemedicine**

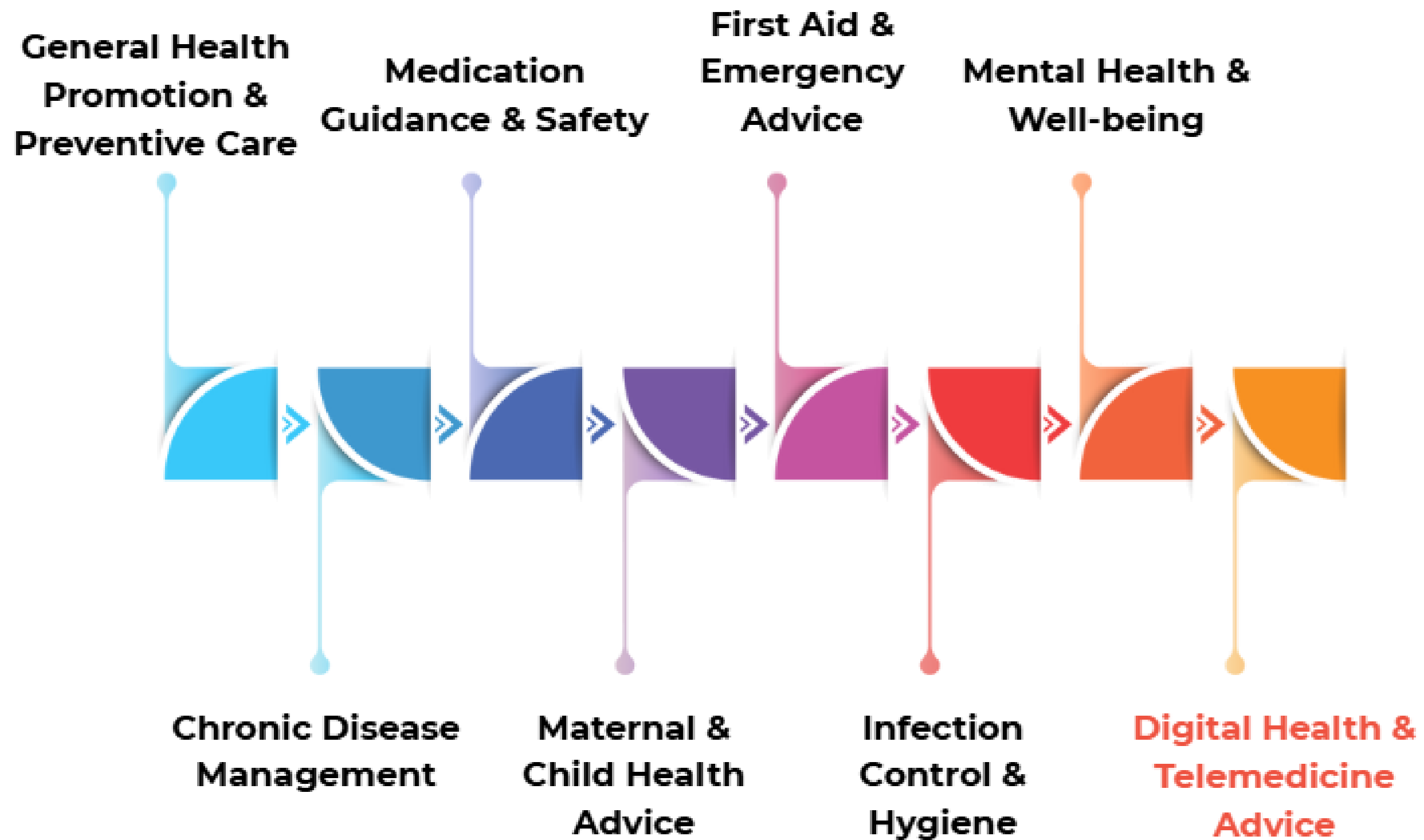


**Improving Quality
of Life**





Health Advice Provided by Nurses



Teaching across the Life Span



NURSING CHECKLIST

GUIDELINES FOR TEACHING CHILDREN

- Make sure the client is comfortable.
- Encourage caregiver participation.
- Assess developmental level. Do not equate age with developmental level.
- Assess client's learning readiness and motivation.
- Assess client's psychological status.
- Determine self-care abilities of client and caregiver.
- Use play, imitation, and role-play to make learning fun and meaningful.
- Use different visual stimuli such as books, chalkboards, and videos to convey information and check understanding.
- Use terms that are easily understood by the client and caregiver.
- Provide frequent repetition and reinforcement.
- Develop realistic goals that are consistent with developmental abilities.
- Verify client's understanding of information presented.



Teaching across the Life Span



NURSING CHECKLIST

GUIDELINES FOR TEACHING ADOLESCENTS

- Boost adolescents' confidence by asking for their input and opinions on health care matters.
- Encourage adolescents to explore their own feelings about self-concept and independence.
- Be sensitive to peer pressure.
- Help adolescents identify their positive qualities and build on those.
- Use language that is clear yet appropriate to the health care setting.
- Gear teaching to the adolescent's developmental level.
- Engage adolescents in problem-solving activities to encourage independent and informed decision making.



Teaching across the Life Span



NURSINGCHECKLIST

GUIDELINES FOR TEACHING OLDER ADULTS

- Offer positive reinforcement for every attempt by the older learner to participate.
- Use silence as a reflective tool to allow older learners additional time to process information.
- Encourage reflection, particularly when sensitive issues are being discussed.
- Stimulate both visual and auditory senses in the presentation of the material to increase the probability that content matter will be retained.
- Use a variety of teaching methods, such as role-playing, games, examples, open discussion, charts, and reading material.
- Use true/false, multiple-choice, or open-ended questions to evaluate progress.
- Ask specific questions designed to elicit a response from participants. Avoid general inquiries such as "Do you have any questions?"
- Utilize the older learner's experience and expertise.

Data from Ebersole, P., Hess, P., Luggen, A. S., Touhy, T., & Jett, K. (2007). *Toward healthy aging: Human needs and nursing response* (7th ed.). St. Louis, MO: Elsevier.



Digital technology



What is Digital Technology?

Digital technology refers to **electronic tools, systems, and devices that generate, store, process, and transmit data in a digital format.**

It enables communication, automation, and information sharing across various fields, including healthcare, education, business, and entertainment.

Types of Digital technology



(Sue C. Delaune, Patricia, 2011; Ernstmeyer & Christma, 2021)

Digital Health Drives Innovation



(Sue C. Delaune, Patricia, 2011; Ernstmeyer & Christma, 2021)

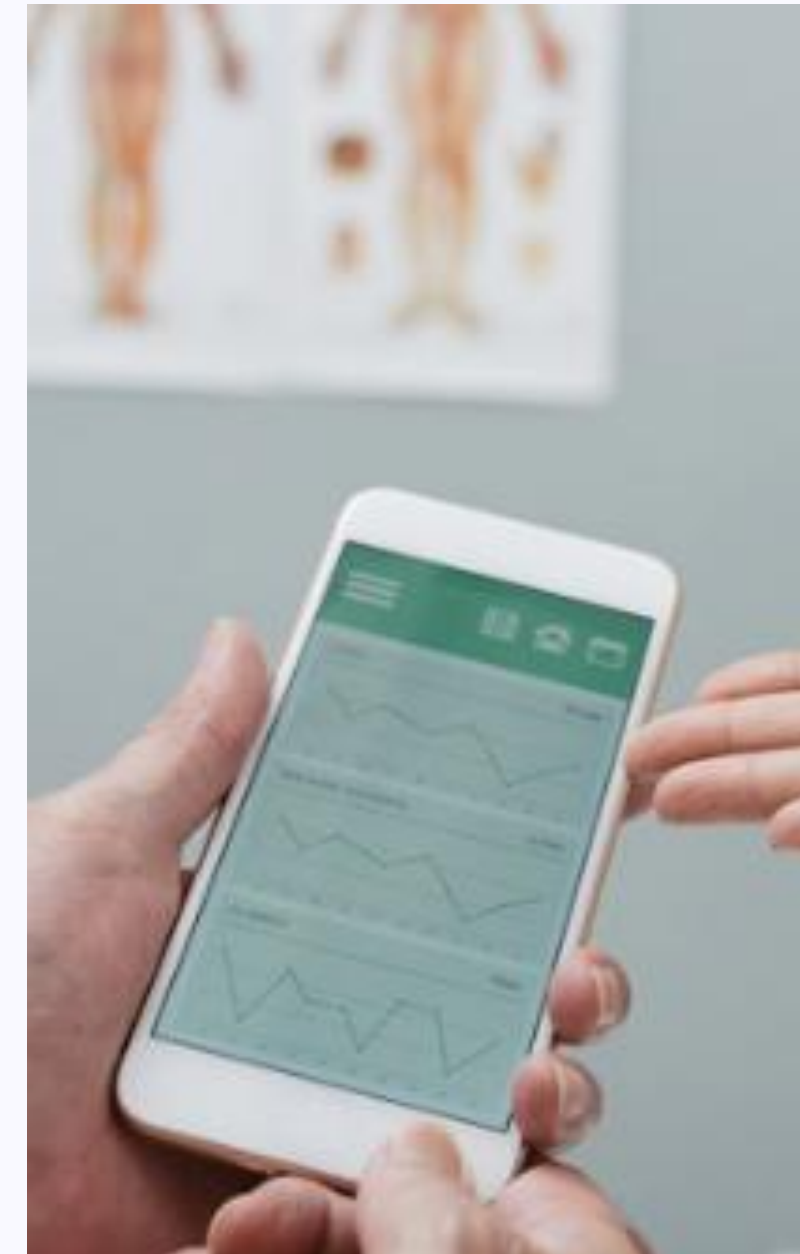
1. Telehealth & Virtual Consultations

- Assessing symptoms and triaging patients remotely
- Providing guidance on self-care and home management
- Referring patients for in-person evaluation if needed



2.Mobile Health Apps & Wearable Devices

- Monitoring patient health data (e.g., blood pressure, glucose levels, heart rate)
- Educating patients on using health tracking apps
- Reviewing patient-reported data and providing recommendations



3. Patient Education via Digital Platforms

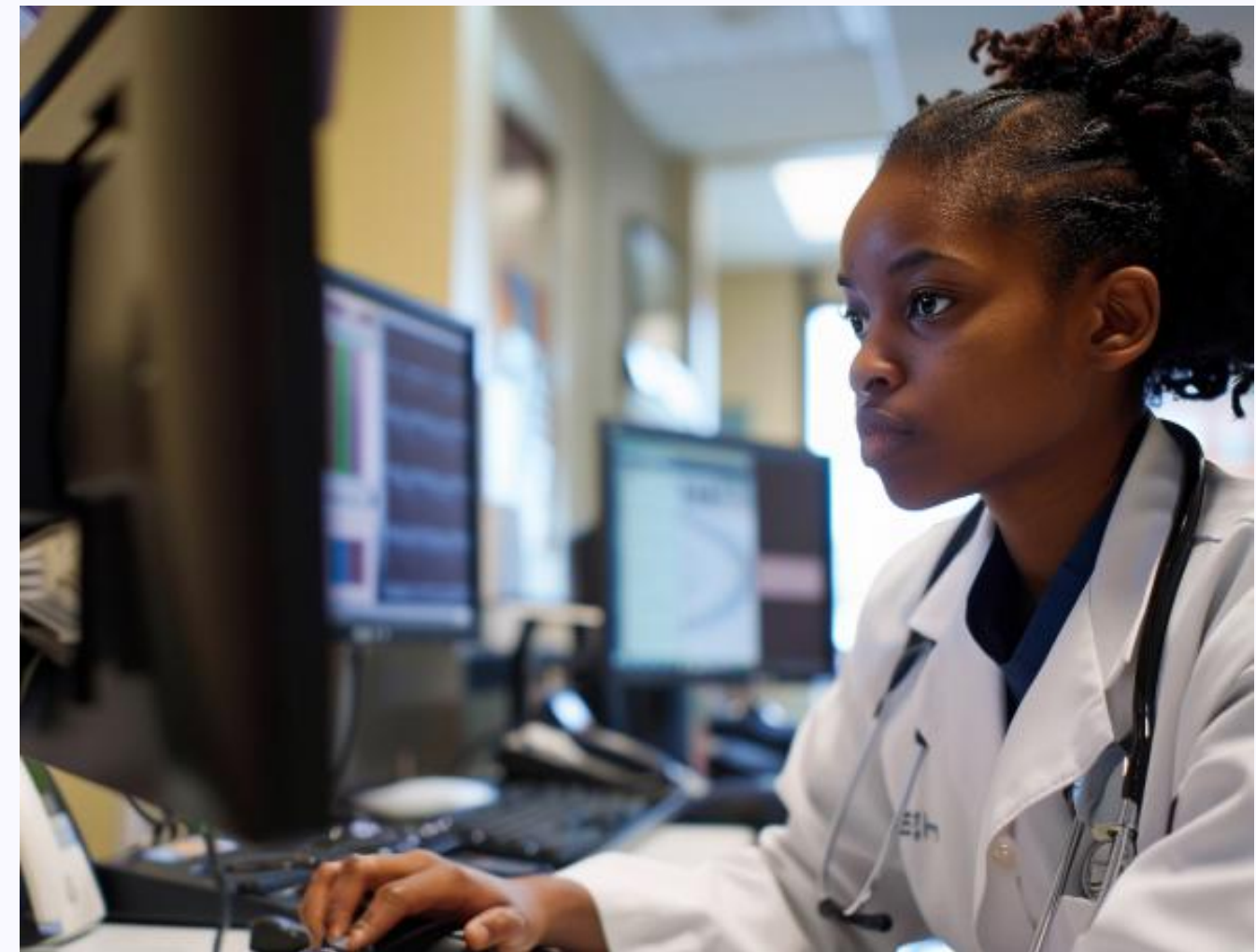
- Sending health information through emails, patient portals, or mobile apps
- Conducting webinars or online workshops on chronic disease management
- Providing instructional videos on medication use, wound care, or lifestyle changes





4. Electronic Health Records (EHR) & Decision Support Systems

- Reviewing patient history and test results digitally
- Using clinical decision support tools to enhance patient care
- Communicating with other healthcare professionals for coordinated care



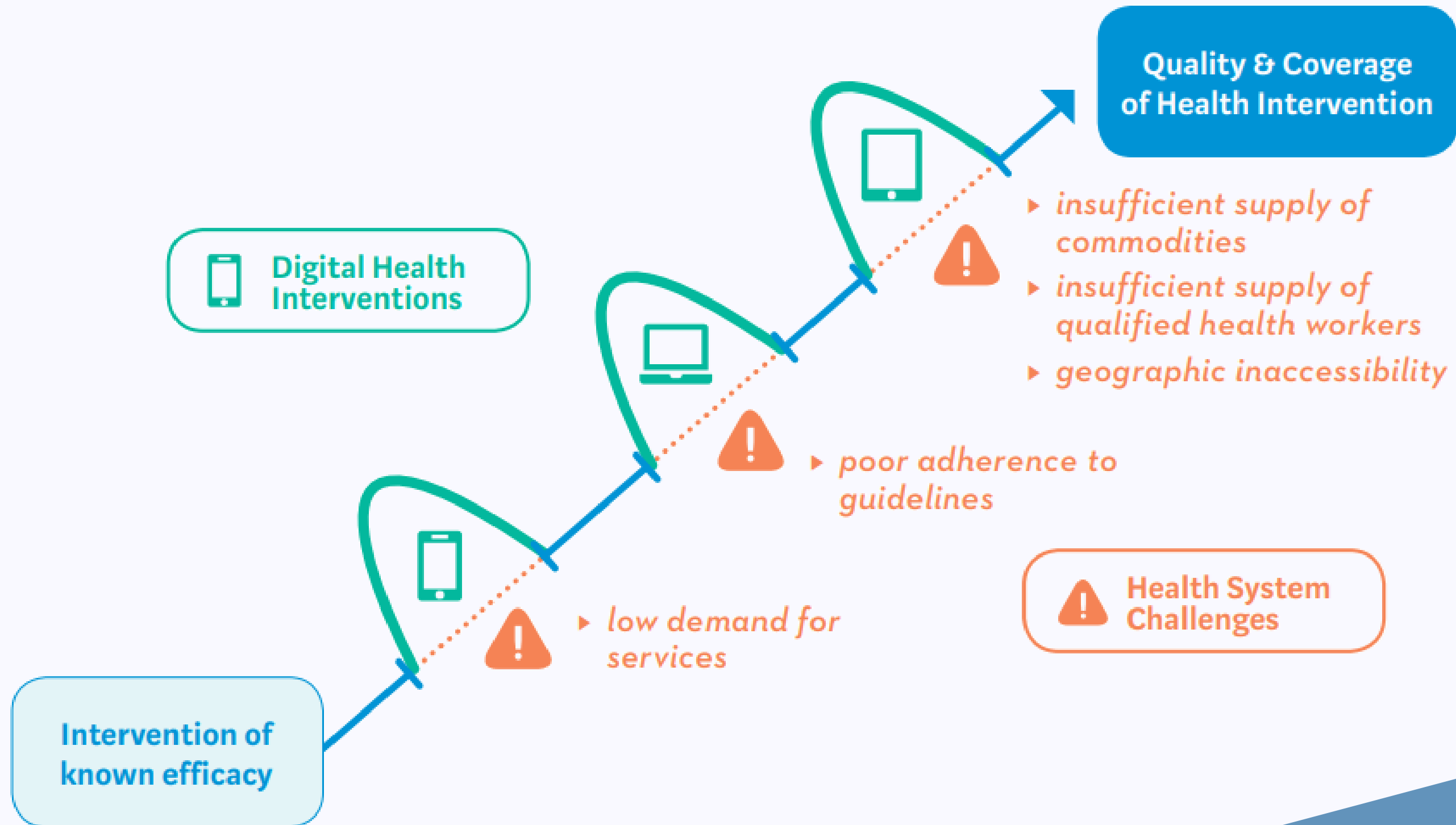


5. Ethical & Legal Considerations

- Ensuring patient confidentiality (HIPAA, GDPR compliance)
- Providing accurate and evidence-based information
- Avoiding medical advice outside professional scope



Digital health interventions to overcome health system challenges





ASSESSMENT- SPECIFIC DOCUMENTATION GUIDELINES

1

Record all data that contribute directly to the assessment

2

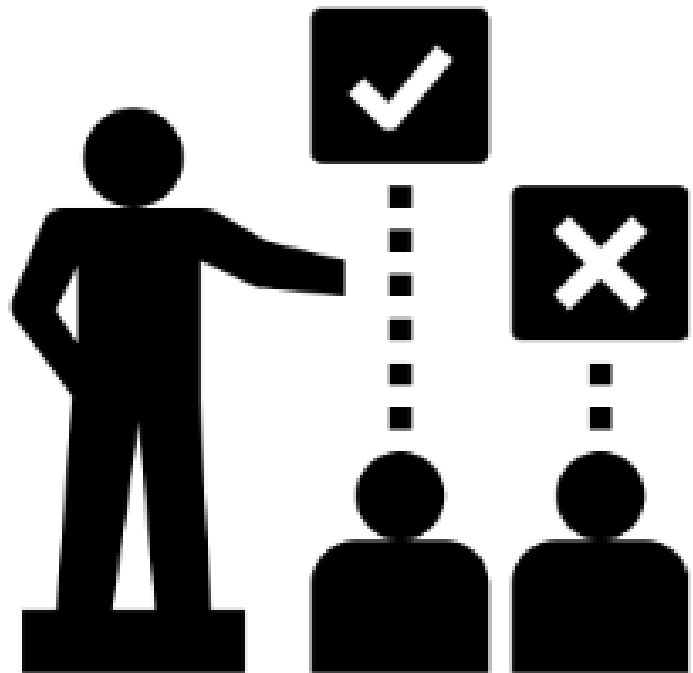
Document any parts of the assessment that are **omitted** or **refused** by the client.

3

Avoid using judgmental language

4

Avoid evaluative statements





ASSESSMENT- SPECIFIC DOCUMENTATION GUIDELINES

5

State **time** intervals precisely

6

Do not make **relative statements** about findings
use specific measurements.

7

Draw **pictures** when
appropriate.

8

Refer to **findings** using
anatomical landmarks.





ASSESSMENT- SPECIFIC DOCUMENTATION GUIDELINES

9

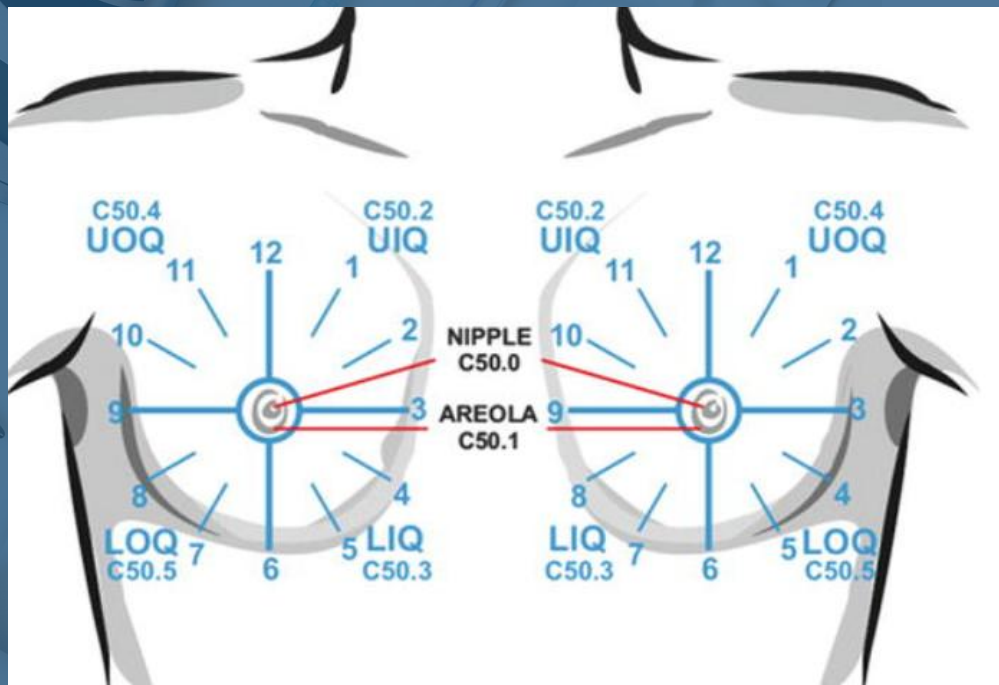
Use the face of the clock to describe findings that are in a circular pattern.

10

Document any change in the client's condition during a visit or from previous visits.

11

Describe what you observed, not what you did.





KEY CONCEPTS

Health education supports behavioral change that leads to positive adaptation

Nursing informatics is the use of information and computer technology as a tool to process information to support all areas of nursing.

Computerized documentation saves time, increases legibility and accuracy, provides standardized nursing terminology, enhances the nursing process and decision-making skills, and supports continuity of care.





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