

# Educational goals in nursing

## Educational objective

An educational goal is considered a result that we would like to achieve with the help of the client's guidance. It usually refers to changing the patient's behavior for the better in terms of their health.

Goals should be **appropriate** to the client's capabilities and capabilities. The goal should be **unambiguous**, so that it cannot be understood in more than one way and the client is not unnecessarily confused.

Successive steps in the teaching (education) of the client should always **relate to the main goal**. All actions of the client related to the achievement of the goal should be controllable and the client should feel trust in the nurse.

Education usually deals with a healthy lifestyle (e.g. creating a suitable diet or exercise schedule).

### We can fulfill the goals:

1. theoretical teaching (transfer of knowledge),
2. work on attitude change (adjustment of perception of reality),
3. learning practical use.

In the event that the client is being taught theoretically, it is not only important that he remembers the given information, but also understands it and is able to use it in practice, further develop it and work with it.

When working on a change of attitude, it is very important to arouse interest in the client in such a way that he not only hears about the given issue, but takes an active interest in it and later accepts it as his own.

It is advisable to start learning practical use by demonstrating it to the client, who will imitate the given activity. Later, less and less with the advice of the nurse, he performs the activity on his own, than he performs it automatically on his own.



Education of the patient with diabetes

## Links

## References

- JUŘENÍKOVÁ, Petra. *Zásady edukace v ošetrovatelské praxi*. 1. edition. Grada, 2010. ISBN 978-80-247-2171-2.
- MÍČKOVÁ, Iveta. *Edukace jako nedílná součást ošetrovatelského procesu* [online]. [cit. 2016-10-12]. <<https://zdravi.euro.cz/clanek/sestra/edukace-jako-nedilna-soucast-osetrovatelskeho-procesu-448627>>.
- BROŽEK, Petr. *Edukační proces ve zdravotnictví* [online]. [cit. 2016-10-12]. <[https://projekty.upce.cz/sites/default/binary\\_projekty\\_old/zspi/dokumenty/eduk-proces-zdrav.pdf](https://projekty.upce.cz/sites/default/binary_projekty_old/zspi/dokumenty/eduk-proces-zdrav.pdf)>.