



# Teaching and learning styles for promoting and protecting adult health in nursing students

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## Introduction

Health promotion and protection in adulthood (aged 20-60 years) is one of the subjects that nursing students must learn to prevent chronic non-communicable diseases. Which is mostly caused by appropriate lifestyle such as eating sweet, high fat and salty food, lack of exercise, stress, etc. In Thailand, 60% of population is adults and next two years will step into complete aging society. (Official Statistics Registration System, 2019) Learning from real situations or case studies using the nursing process (assessment, diagnosis, planning, implementation, and evaluation) including practice, analysis, discussion and presentation with applying various theories for health promotion and prevention in small groups will help nursing students to learn effectively (Jshabatu, 2018).

### Objective

Students can use the nursing process for health promotion and protection in adulthood. 165 first year nursing students

### Subjects

165 first year nursing students



### Outcomes

1. All group can assess health problems in adulthood but not covering all issues.
2. Students choose issues for problem solving and plan to promote or protect health in adult using nursing process. The issues that each student chooses include sweet eating behavior, social addiction, sleep and stress.

### Conclusion

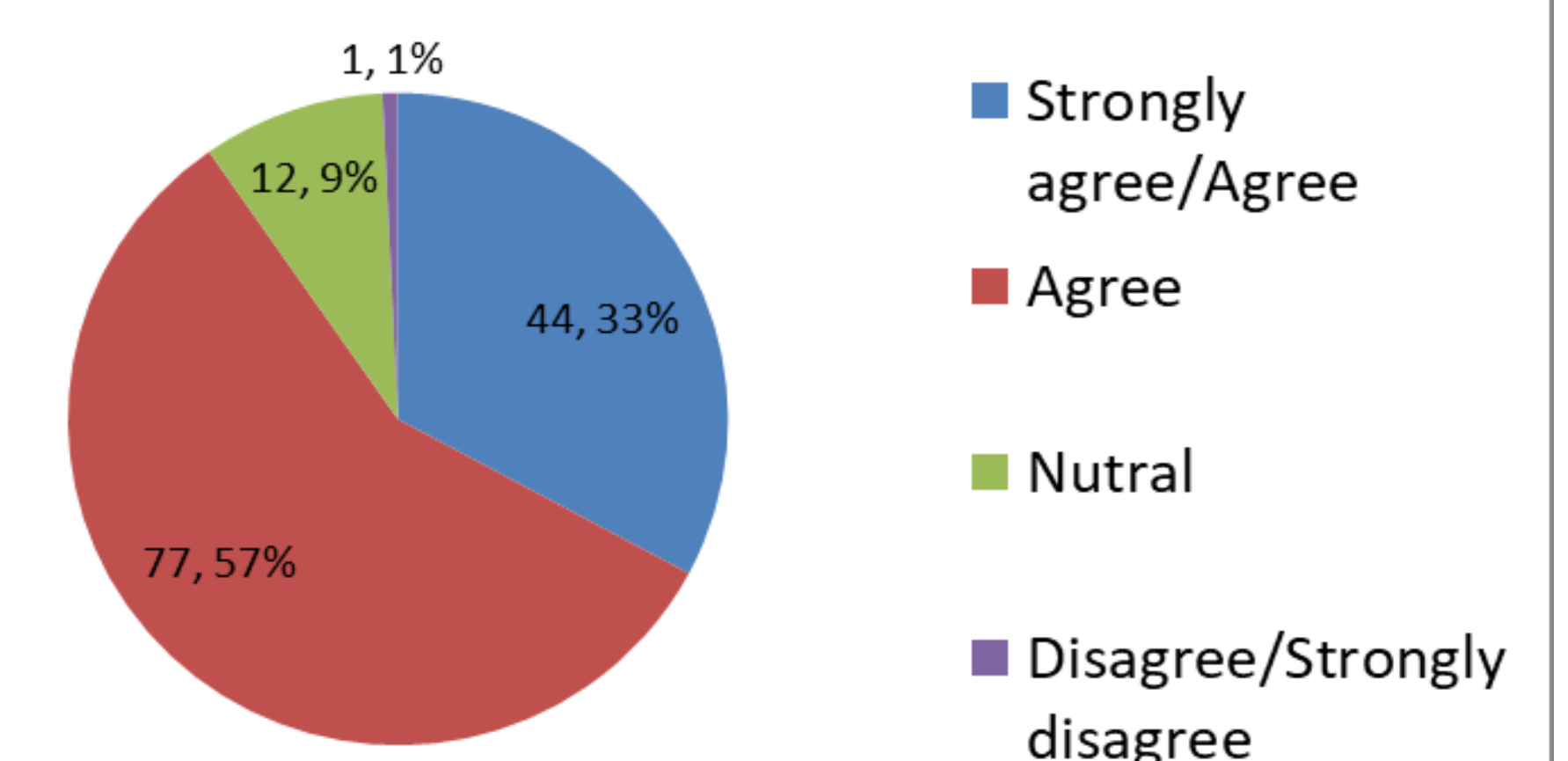
Students have different learning, therefore, application of various teaching methods. Moreover, regularly evaluating teaching methods help the teaching method to be suitable for students' learning needs, encourage learners to learn and happy to study.

## Activities

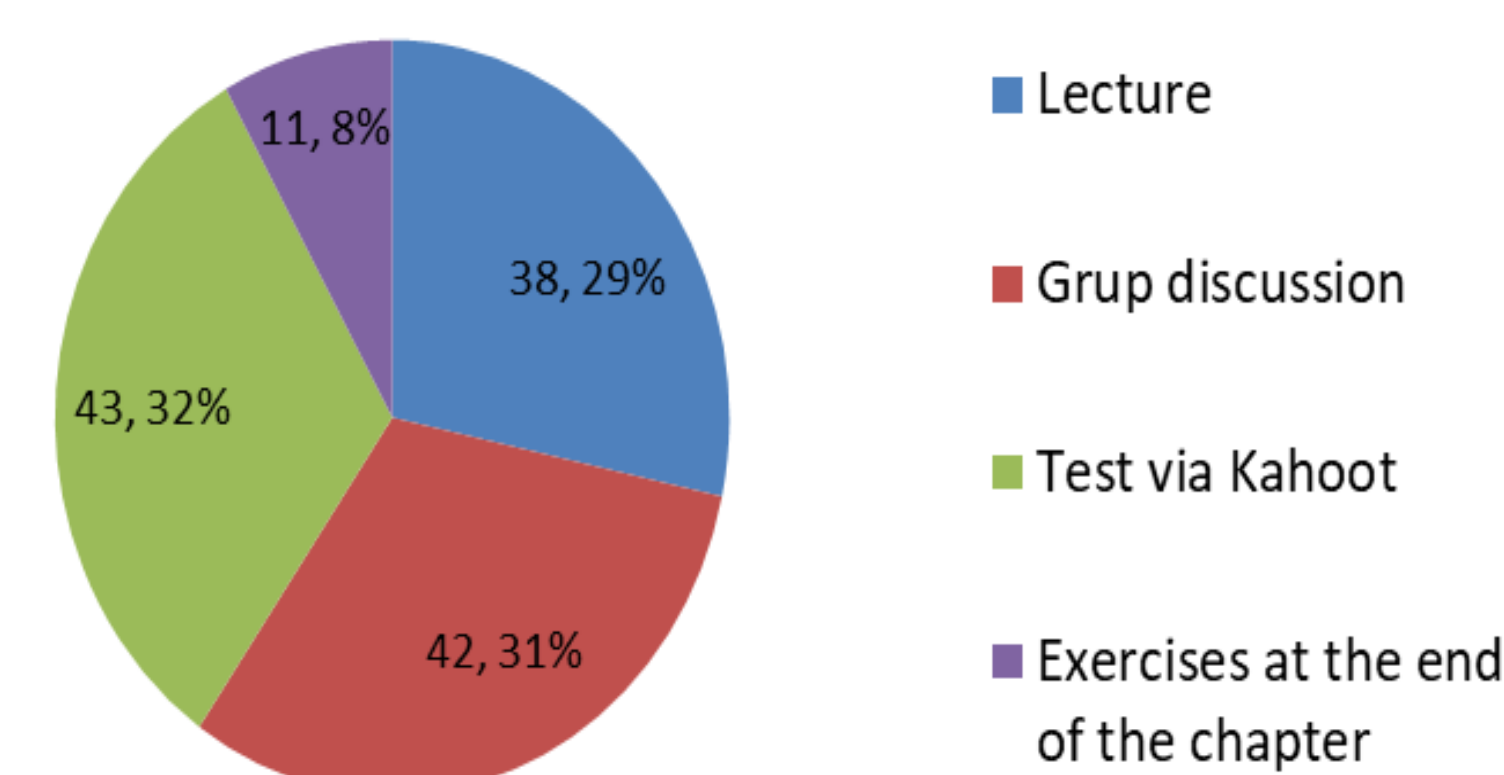
The teaching on this topic takes a total of 3 hours using various methods of teaching as follows:

1. Send teaching materials and exercises for students to do before studying.
2. Inform the objectives of teaching and learning.
3. Test before class by using Kahoot application.
4. Lecture for 1 hour.
5. Practice in assessing health status of real case study in small groups using various assessment forms such as stress assessment form, evaluation form for eating in 24 hours, sleep evaluation form, etc. After assessing, students together analyze and discuss the data for problem identification. Then, choose one issue to plan problem solving by using relevant theories and determine the method of evaluation together. (1 hour)
6. Let each student representative present a 5-minute group class and share with their classmates. Teachers give suggestions.
7. Evaluate learning outcomes and student satisfaction about teaching methods using Kahoot application
8. Give award to students who highest score and the group that presented the best

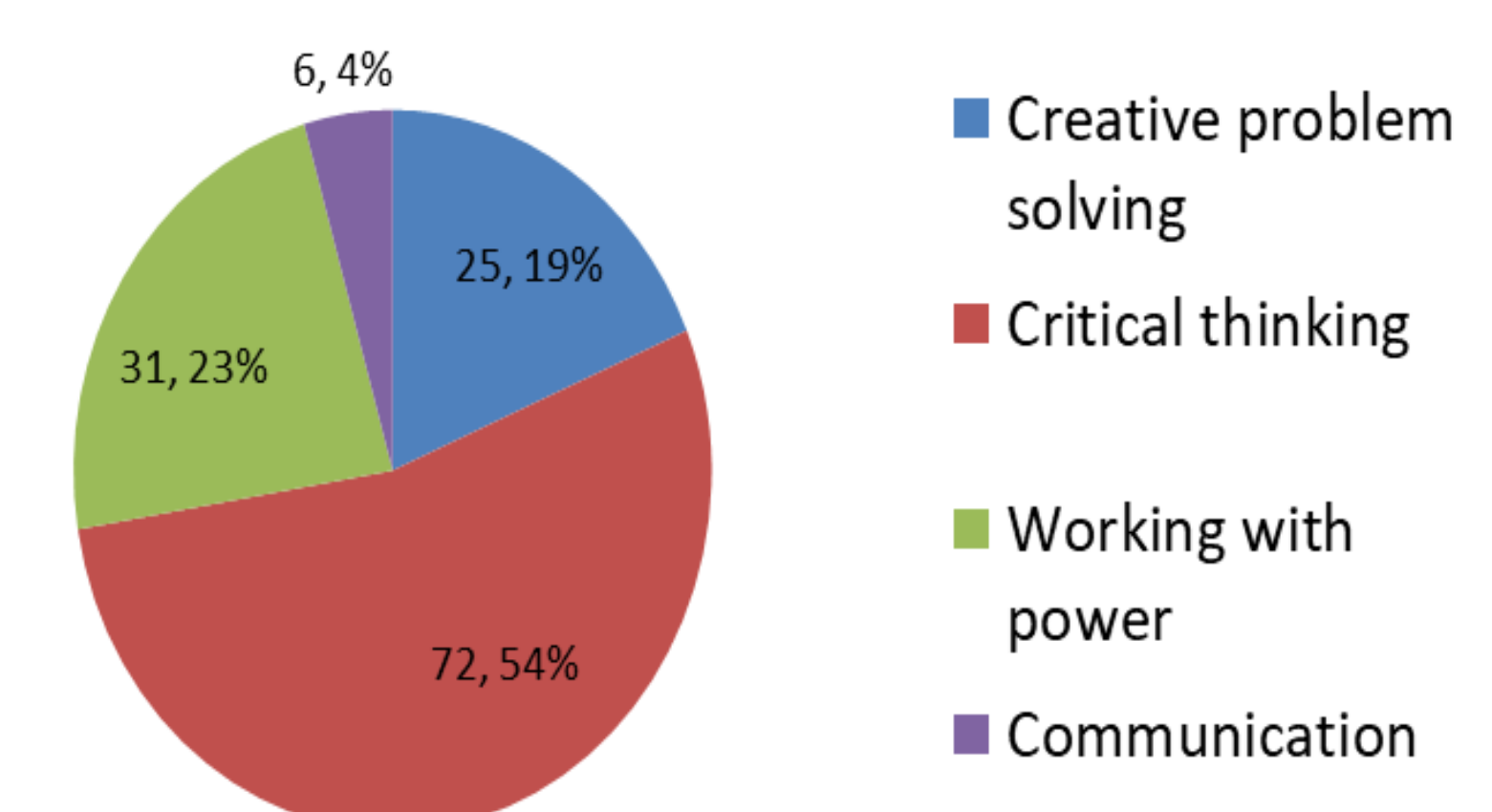
### Satisfaction in pedagogy



### Satisfaction in teaching methods



### Skills gained from teaching



## References

- Official Statistics Registration System. (2562, May). Number of population separated by age across the country: November, 2018. Retrieved from [http://stat.dopa.go.th/stat/statnew/upstat\\_age\\_disp.php](http://stat.dopa.go.th/stat/statnew/upstat_age_disp.php)
- Jshabatu. (2018). Using Bloom's Taxonomy to write effective learning objectives. Retrieved from <https://tips.uark.edu/using-blooms-taxonomy/>