

## Experiential Learning Assignment

### Home Visiting

#### Either an Older Adult or Pregnant/Post-Partum Mom and Infant

Points Possible: 23

#### Purpose

The purposes of this assignment are:

- Develop skill in conducting home visits within a home setting.
- Conduct a family assessment.
- Analyze family assessment data to identify individual-specific priority health needs and interest to improve health outcomes.
- Complete an intervention with the family to address a mutually agreed upon topic related to health promotion and disease prevention at the primary prevention level.

#### Preparation

For this activity, you will select either an older adult or pregnant/post-partum mom and infant individual/family to complete your 3 **virtual or in-person** home visits. To ensure timely completion of conducting the home visits, it is important to identify an individual and schedule these visits early in the semester. The three home visits are summarized below:

**Visit 1-** Introductions, review contract, build relationship, conduct family assessment, identify health issues/priorities of individual/family.

**Visit 2-** Conduct focused assessment, mutually agree on specific health need/interest for 3<sup>rd</sup> visit, completed an emergency preparedness assessment

**Visit 3-** Implement Public Health Nurse Intervention (teaching, counseling, referral, etc. related to primary prevention)

#### Instructions

Below are instructions for the preparation, implementation, and reflection for each home visit (HV).

#### HV1 [Preparation]: Orientation Phase

- Readings [relevant content should be included in assignment]
  - Schoon, Porta, & Schaffer (2019), Chapters 3, 5, 6, 8, 9, 10, & 11
  - Savage (2020), Chapter 19 (for older adult individual) or Chapter 17 (pregnant/post-partum mom and infant)
  - Review your week 2 discussion related to the Omaha Case Study.
  - Review your feedback from Preparation for Home Visiting Worksheet.
- What is the specific priority concern(s) for this population? (See your Preparation for Home Visiting Worksheet assignment.)
- Contact the individual to schedule visits. During the initial contact, be sure to:
  - Give a brief overview of the 3 visits
  - Inform the individual that you will bring an authorization form for him/her to sign
  - Time frame in which you will complete all 3 visits
  - Length of time of each visit (approximately an hour)
  - Emphasize confidentiality of visits
- Review and bring to initial visit:
  - Authorization form (found on course D2L site)
  - Select and review a family nursing assessment tool (may be a tool used in NURS 362)
  - If you have not been to this individual's home or apartment before, check out neighborhood to make sure it is a safe environment and to find a parking place.

- Review p. 214 in Schoon et al. (2019) regarding personal safety in home visiting.

### **HV1: Working Phase**

- Introduce yourself to the individual/family, and share professional information about yourself (education, work experience, etc.). Share your expertise with the individual/family, which may be helpful if they have particular questions about improving his/her family health outcomes.
- State the plan for your visit.
- Obtain verbal permission to continue.
- Review and sign authorization form (stress confidentiality). **Virtual meetings:** if unable to obtain signature include individual's name, phone number, and email address on signature line.
- Conduct family assessment, which will help determine focused needs assessment for visit two. Provide a summary of the family assessment results.
- Mutually select a health topic for focused assessment for visit two.
- Ask individual or other family members present if they have any questions or concerns. Thank them for their time and inviting you into their home.
- Arrange date for 2<sup>nd</sup> [and if appropriate 3<sup>rd</sup>] visit.

### **HV1 [Reflection]**

- What went well during the initial visit? What did not go so well?
- What are strengths/protective factors of the individual/family?
- What are health risk and active health problems of the individual/family?
- How did the individual/family benefit from this home visit?
- How did you use nursing theory to guide your nurse-individual interaction?
- What did you learn from this experience?

### **HV2 [Preparation]**

- Based on the individual/family mutually agreed upon topic, needs, priorities, and/or health determinants choose an appropriate focused assessment tool (checklist).
- Familiarize yourself with chosen focused assessment tool. Download and bring the assessment tool to 2<sup>nd</sup> visit.
- Familiarize yourself with health behavior change. See Schoon et al. (2019) pages 185-188.

### **HV2: Focused Needs Assessment**

- Reestablish relationship and introduce yourself to any new family members who are present.
- State the plan for your visit and obtain verbal permission to continue.
- Conduct the focused assessment; and review assessment findings with individual/family.
- Based on assessment findings, identify a mutually agreed upon topic for an intervention/health teaching at the 3<sup>rd</sup> visit
- Arrange date for 3<sup>rd</sup> visit.

### **HV2 [Reflection]**

- What went well during the 2nd visit? What did not go so well?
- How well did the tool work to assess the area of concern?
- What did you learn from this experience?

### **HV3 [Preparation]**

1. Review MDH, 2019, *Public Health Interventions: Application for Public Health Nursing*.
  - Intervention: Health Teaching, starting on page 131.

- Intervention: Counseling, starting on page 142.
- Other MDH interventions as appropriate for topic of concern.
- Research your topic using journal articles and other available printed materials.
- Prepare your Assure Model PEEK Learner Assessment using information gathered on first visit and/or with follow-up phone call. See attached PEEK Learner Assessment form within the Assure Model for Planning, Implementation, & Evaluating Health Teaching Interventions (Table 9.6). See examples of completed PEEK in the D2L content area associated with this assignment. See pages 188 -190 in Schoon et al. (2019) textbook.
- Prepare your Teaching Plan, which must include two learner outcomes. The completed PEEK Assessment and Teaching Plan should be written using the template in the D2L content area associated with this assignment.
- Gather any teaching materials you will use in your intervention.

### **HV3: Intervention/Health Teaching**

- Reestablish relationship and introduce yourself to any new family members who are present.
- State the plan for your visit and obtain verbal permission to continue.
- Conduct the intervention (health teaching, counseling, referral, etc.).
- Ask individual/family if they have any questions or concerns, and if they would like some follow-up information.
- Thank them for their time and inviting you into their home and providing you the opportunity to further your education.

### **HV3: [Reflection]**

Reflect on the final home visit, your intervention, PEEK Learner Assessment, Teaching Plan, and responses to the following questions:

- What went well during the final visit? What did not go so well?
- Was anything left undone that you would like to complete in person or by phone?
- What was the benefit of the home visit and teaching to the individual/family?
- How did you use theory on teaching and counseling to guide you in your home visit and health teach? Cite sources from MDH (2019) content on Health Teaching and Counseling.
- What did you learn from this experience?
- If you were going to do this teaching again, what would you leave the same and what would you change?

### **Grading Rubric/Criteria**

#### **1. Orientation Phase: [2 points]**

Discuss preparation for 1<sup>st</sup> home visit, to include:

- Initial contact
- Establish a trusting relationship
- Communication with individual
- Concerns about this population
- Reflection

#### **2. Working Phase: [10 points]**

In addition to a summary of the 1<sup>st</sup> and 2<sup>nd</sup> home visits, include the following information in your paper:

##### **a. First Visit: Individual/family Assessment**

- Identify and describe family assessment tool used, and provide rationale for this choice
- Provide a summary of the family assessment results
- Strengths/protective factors of individual/family
- Health risk and active health problems

b. ***Second Visit: Focused Assessment***

- Identify focused assessment tool used, and provide rationale for this choice
- Results of focused assessment
- Mutually agreed upon health concern
- PEEK Learning Assessment [submit]

3. **Intervention Phase (*Third Visit*):** [5 points]

- Describe your visit, and how you implemented your intervention.
- Teaching Plan [submit]

4. **Reflection** [5 points]

- What went well during the final visit? What did not go so well?
- Do you feel the home visit was beneficial for the individual/family? Explain why.
- What were specific challenges you faced to conducting the home visits?
- What did you learn from this experience?

5. **Authorization Form** submitted in D2L [1 point]

### Assignment Submission

In the D2L assignment dropbox, 1-4 documents may be submitted that include:

1. Signed Authorization Form
2. APA formatted paper; please use the bolded assignment criteria for paper headers.
3. PEEK Learner Assessment
4. Teaching Plan