

LESSON PLAN

Title: Crohn's Disease	Name: Brittney Scott
Target Audience: Newly diagnosed 20-year-old female seeking guidance for what to eat that will not cause her pain.	Method: Flip Chart

Terminal Objective Learners will be able to name and identify foods that follow two trends that will help prevent digestive problems: 1) consume low fat foods and 2) consume reduced fiber grains.		Terminal Concept Safe foods are identified while adhering to a fat and fiber restricted diet.
Domain Cognitive, Psychomotor	Taxonomic Level Application	

References
Nutrition Care Manual; Krause

Preparation: Flip chart with pictures, notes for myself, fill-in-the-blank handout

Pre-assessment Now that we've talked about the fundamentals of Crohn's Disease, let's figure out how we can manage it through the foods consumed. Time (if in class): 5 seconds	Introduction N/A (beginning Flip Chart presentation in the middle of a counseling session) Time:
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Supporting Objectives	Content Outline	Time	Learning Experiences
Evaluate patient's pain and scale level of importance of learning how to eat better. (Motivational Interviewing)	Here is a diagram of the GI tract where Crohn's can affect you. <ul style="list-style-type: none"> • Can you identify where the pain is most common? • On a scale of 1-10 confident are you in choosing foods that will not cause you pain? 	2 min	Present diagram of GI-tract. Patient points to where pain is most common. Patient evaluates how competent she is at choosing safe foods.

<p>Learner will be able to identify two trends in his/her diet as a Crohn's patient:</p> <p>1) eat white, enriched flour grain</p> <p>2) eat fat free foods</p>	<ul style="list-style-type: none"> • Would you like me to show you foods that are safe for you to eat? <p><u>Example vs. Bad example activity</u></p> <p>A series of photos are shown to the patient. The teacher only states if the photo shown is a good example of what the trend or a bad example of what the trend is.</p> <p>For the 1st trend, show the pictures with the following statement: Wild Rice—Bad example White Rice—Good example Whole Wheat Pasta—Bad example White Pasta—Good example Whole Wheat Bread—Bad example White Bread—Good example</p> <p>Allow the patient to guess what the trend is at any time. After showing the series of photos, reiterate eat white grains and to avoid whole wheat grains. This will help with digestive pain.</p> <p>For the 2nd trend, show the pictures with the following statement: Light Yogurt—Good example Cottage Cheese—Bad example Cream Cheese—Bad example Fat-Free Half & Half—Good example Olive Oil—Good example Butter—Bad example Whole Milk—Bad example</p>	<p>5 min</p>	<p>Patient determines if she will provide permission to receive more information about foods that she can eat.</p> <p>As the Example and Bad Example pictures are revealed, the patient will declare what he/she thinks the trend is.</p>
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<p>Learner will be able to apply the two trends learned into breakfast and dinner meals and explain why certain foods are okay and not okay to consume.</p>	<p>Low Fat Milk—Good example</p> <p>Again, allow the patient to guess what the trend is at any time. After showing the series of photos, reiterate the trend of eating fat free foods. This will help with digestive pain and problems.</p> <p><u>BINGO board game:</u></p> <p>Prior to presenting this flip chart. Teacher must prepare a bingo board.</p> <ol style="list-style-type: none"> 1. print off 2 copies of breakfast and dinner bingo boards 2. place one copy in a transparent sleeve 3. with the other copy, cut out each square of food and tape the square on top of the bingo board in the transparency. <p>Activity with patient:</p> <p>Have the patient select foods from the board (pull off the square and tape and put them on the desk in front of him/her) and identify what he/she would have for breakfast on a typical Monday.</p> <p>Ask the patient to identify items within each picture that are okay to eat. If the patient does not explain, encourage him/her to do so.</p>	<p>10 min</p>	<p>Patient will verbally declare through critical thinking methods about which foods are okay to eat and how to prepare food in a way that is beneficial to a Crohn's diet.</p>
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	<p>Tips to include:</p> <ul style="list-style-type: none"> • raw vegetables will be harder to digest than cooked. Encourage the patient to prepare vegetables that are steamed or boiled. • Fruit's skin are full of fiber. Encourage patient to eat fruits without skin. <p>After patient discusses meal about breakfast, go to the next page and have him/her do the same activity about lunch and dinner.</p>		
<p>Assessment On a scale of 1-10, how confident are you choosing safe foods to eat for your meals? What are two goals that you can work on between now and the next time we meet?</p>			
<p>Closure Thank you for coming. Let's schedule our next appointment.</p>			