346 W10 Journal H

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**Introduction**

Food insecurity is a serious issue in the US due to which the prevalence of malnutrition is increasing at an alarming rate. Malnutrition is a condition that develops from not getting enough micronutrients, calories, or protein. It can either be established from nutrient’s overconsumption or nutrient’s deficiency. The homeless population of Lauderhill, Florida, is severely suffering from hunger and malnutrition, which needs special consideration. The purpose of this paper is to develop a teaching plan to address the serious issue of malnutrition for the population of Lauderhill.

| **Purpose:** The purpose of this teaching plan is to determine various factors that contribute to malnutrition in the homeless population of Lauderhill. Consideration of these factors will allow developing a plan to cater to various health complications related to hunger and malnutrition. Moreover, it will provide better insight regarding malnutrition and its behavioral impact on the target population. |
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| **The goal of teaching/learning experience (HP 2020 goal statement):** Understanding of key dimensions of malnutrition in the homeless population to propose better intervention plan. |
| **Cultural characteristics (primary or secondary) related to the learning needs of the client group:** In the considered case of malnutrition issues in the homeless population of Lauderhill, majority of the target population is comprised of African Americans. The dietary preference of African Americans is associated with cultural influence and necessity. It is notable to mention that the prevalence of fried food is higher in African Americans as compared to the general population of Lauderhill. Cooking various foods with rich gravies is prominent in the target population, which can lead to over-malnutrition. |

| **Objectives (minimum of three)** | **Learning Domain (Cognitive, Affective, or Psychomotor)** | **Learning Content** | **Instructional Methods and Time Allotted** | **Method of Instruction: Teaching Tools** | **Evidence-Based Resources Used for this Topic** | **Methods Used to Evaluate Learning** |
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| 1. Cognitive learning domain: Cognitive learning domain is established as the one necessary form to apprehend the better idea of learning in case of the target population. This specific approach can be used in the teaching context of teaching to attain better forms of factual knowledge. 2. Selection of Comprehension as the objective of cognitive domain: This particular objective is considered to successfully achieve the level of comprehension in the case of learners. This level of the cognitive domain is used to expect someone to be able to understand the entire learning scenario. 3. Consideration of the prospect of apprehension can be feasible to enhance the understanding level in case of a particular issue of malnutrition that specifically exists in case of homeless African American community. | The homeless population is more likely to suffer from multifactorial etiologies. Consideration of these multifactorial etiologies illustrates that the target population can suffer from malnutrition, poverty, and mental illness. It is notable to mention that the cognitive behavior of a homeless individual is significantly impacted due to their contemporary issue of homelessness. Majority of the homeless population of Lauderhill is comprised of adult African Americans, so they are more likely to suffer from depression and anxiety. | Malnutrition is a condition that occurs due to the deficiency or overconsumption of nutrients. There are two main types of malnutrition; under-nutrition and over-nutrition. Under-nutrition is caused by not getting a sufficient amount of calories, protein, and carbohydrates. While over-nutrition is caused through excessive intake of nutrients. In that particular scenario, the amount of nutrients usually exceeds than the necessary requirement needed for metabolism and development. | Audience response system will be developed within a month to ensure the rapid feedback from the concerned individuals. | Development of an audience response system to identify the actual concerns of the target population. | Point of care resources is used to address the issue of homelessness and malnutrition in the target population. The point of care resources is comprised of relevant articles and guideline to improve quality of life. | Ask various questions to see whether the target population understand cognitive complications regarding homelessness and malnutrition or not. |
| 1. Bloom’s Taxonomy is the theoretical approach that is used to effectively determine the most suitable objective in the context of psychomotor objectives. This specific approach comprised of different physical activities that play a crucial role in the process of learning. 2. The particular objective of coordination in case of psychomotor perspective will be used to enhance the learning level. 3. Selection of the coordination eventually helps to develop physical coordinate plans when it comes to adopting practical options in dealing with the homeless group of people. | Thoughts and feelings have the potential to influence the behavior of the individual. The homeless population is vulnerable to various affective disorders. The affective disorders in homeless person include depression and bipolar disorder. The bipolar disorder has the potential to cause unusual mood swings and shifts in activity levels. Therefore, homeless people are prone to have trouble concentrating or feeling empty and worried. | Symptoms: The symptoms of under-nutrition include;   * Inability to concentrate * Irritability and tiredness * Lack of interest or appetite for food * Loss of muscle mass and fat * The long duration of wounds to heal * Always feeling cold   The Symptoms of over-nutrition include;   * Type 2 diabetes * Obesity * Heart problems * Hair loss * Bleeding * Diarrhea   High blood pressure | The maximum time range of two months will be provided to develop comprehensive open educational resource (OER) in the form of developing all the relevant activities such as publishing relevant learning material. | Offering open educational resource (OER) is a suitable instructional method approach to achieve the objective of the psychomotor domain of learning. | Clinical practice guidelines include recommendations to improve patient care. Clinical practice guidelines regarding malnutrition help to improve patient outcomes. | Ask patients to restate various psychomotor disorders in their own words |
| 1. The affective domain is another aspect of consideration to figure out the prevalence of the issue of homelessness effectively. It is the explanation of the practical measures that can be helpful to emotionally understand the intensity of the issue of homeless African American target population. 2. Receiving is the first and crucial objective in the context of the affective domain to achieve the desired targets of learning. 3. It is recognized as the first stage of learning to convince target population to listen to the actual aspect of concern carefully. | The homeless population of Lauderhill is prone towards Psychomotor agitation, which is a serious psychological issue. Psychomotor have the potential to affect neurological functions or mental health of an individual. It is notable to mention that a feeling of anxious restlessness is higher in the homeless population, which needs special consideration. | Causes:  The major reason behind under-nutrition is lack of nutrients. It is important to mention that a poor diet can contribute to malnutrition issues. Moreover, individuals health complications regarding absorption of nutrition from food can also contribute towards malnutrition. | The instructional method in the form of immediate feedback can develop within the time period of two weeks to ensure the immediate response to actual concern in case of the target population. | Application of immediate feedback assessment technique to involve the target population in the learning process. | Literature databases are usually developed to assess the quality of care regarding malnutrition in the target population. | Observation of return demonstration is an effective evaluation tool that helps to recognize the understanding of patients. |

**References**

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