Discussion board 3

[Author Name(s), First M. Last, Omit Titles and Degrees]

[Institutional Affiliation(s)]

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 The cognitive theories of learning are preferable for the inner community population with heart disease and infections. This is a learning style which targets internal processes and focuses on the understanding, organization, and consciousness of thought processes (Nies&McEwen, 2019). The cognitive learning style is associated with the change in capabilities and capacity of the person. It takes time in changing the behavior regarding treatment or learning. The fundamental component of cognitive theory is the whole part of it than the actual sum. The application of this theory in nursing is associated with the principles of a training session in which the professionals provide training concerning the whole factor or perception of cardiovascular diseases and related repercussions, not just some parts of it.

The method of cognitive learning theory is used for solving the problem through thoughts and thinking processes. The target population is the population of heart diseases in the local community who have no necessary information regarding heart diseases, symptoms, or etiology. This causes infections and aggravated situation of the minor illness. This learning theory would work best with adults of age more than twenty to twenty-five, as thought processes are easy to understand, organize, and alter.

The training should be implemented and designed as such with the compatibility of learners' cognition and thoughts. The previous myths or knowledge of the patient and his family or the entire inner community of adults will be altered in a way that it is replaced with new and correct information with all the facts and figures. The maximization of learning and retention is necessary for adults going through this illness (Aliakbari et al., 2015). Therefore, changing the stimulus and enhancing teaching methods will be helpful, as information will not just be stored in short term memory, but it will be retained in long term memory through restoring thoughts by cognitive-behavioral therapies.

**References**

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