

NR361 Week 4 Assignment: Course Project Milestone 2

Briefly state the patient scenario from the Milestone 1 assignment.

Include revisions, if required by Milestone 1 faculty feedback.

Identify (3) teaching areas to improve patient outcomes.

Information to be taught to the patient should include information about the mHealth app, safety guidelines, and how to interpret and act on the information that is provided. Remember to cite the mHealth app when appropriate in the Teaching Area (See template).

Use bullet points

Describe 3 ways you would determine and evaluate the success of the patient's use of the mHealth app.

1. Health and fitness
2. Exercise
3. Nutrition
4. Weight loss
5. Weight management
6. Healthy eating
7. Cooking
8. Meal planning

The patient scenario approved in Milestone 1 is a thirty-three-year-old lady called Mary Anne who wants to reduce weight and eat healthier because she added more than thirty pounds above her ideal weigh in the last five years. She is married with two kids and both she and her husband work. They have a lot of fast food for dinner because they do not have time to cook.