Reagan H.

N202 Unit VI Part 2

Class Preparation Assignment – Community Health Case Study

Maria's Story

Maria is a 32-year-old immigrant woman who recently moved to your community with her two young children. She is a single mother who works part-time at a local restaurant and struggles to make ends meet. Maria does not speak English fluently and often finds it difficult to navigate healthcare services. She has been experiencing symptoms of depression, including persistent sadness and trouble sleeping. Maria also shares that she has trouble affording healthy food and has not been able to see a doctor for a check-up in over a year. Her children are often sick, and she is concerned about their health but doesn't know where to turn for help.

Questions:

1. **What are Maria's current healthcare needs?**

   mental health: symptoms of depression, persistant sadness
   nutrition: trouble affording healthy foods
   preventative health: has not seen PCP in years, kids
   frequently sick

2. **Describe two barriers to healthcare that Maria is encountering and how they may impact her.**

   Communication barrier: unable to speak English fluently
   which creates a barrier in healthcare
   Low socioeconomic class: predisposes her to decreased
   healthcare and resources

3. **As a nurse in the community, identify at least one intervention you would recommend to address Maria's situation?**

   Providing resources for fresh fruit and vegetable
   food banks (Beebes partnership with local groury
   stores) and other food pantrys.

4. **How would you ensure that you are providing culturally competent nursing care to Maria and her family?**

   Assess marias culture and needs before
   intervening. Bring a translator for any teaching
   or greater communication than I know in Spanish
   to ensure she is able to understand me.

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Class Preparation Assignment – Trauma Case Study

Patient Profile:

J.B. is a 78-year-old male who was found by his neighbor laying on the ground in his garden. It is unknown how long he has been lying there. It appears he has fallen off the roof while fixing the shingles on his house. His left femur is protruding through the skin. The paramedics report that he was found in a large pool of blood. Additional visible wounds include scattered bruising to head and abdomen.

Subjective Data:

- N/A – unresponsive, no family at bedside

Objective Data:

- Unresponsive
- BP 60/42, HR 168, RR 14, SpO2 88% on RA, Temperature 94.7 F
- Left femur protruding through skin
- Scattered bruising to abdomen and head
- Scattered abrasions

Questions:

1. What potentially life-threatening injuries does J.B. have? Why did you come to this conclusion?

   Extensive bleeding from open femur fx. BP 60/42, HR 168, and T 94.7 indicate late hypovolemia due to bleeding. Large pool of blood.

2. What is the priority of care for this patient?

   Stopping the bleed and fluid resuscitating.

3. What diagnostic studies (images & labs) do you anticipate being ordered for this client?

   Head/neck CT, ABD CT, xray, H&H, CBC, clotting factors

4. Once the client is initially stabilized, the nurse begins to consider additional injuries. What other potential complications/syndromes/injuries may this client be experiencing?

   TBI, pneumothorax, liver hematoma

5. For the identified injury/illness above, what clinical manifestations should the nurse assess for?

   altered LOC, widening pulse pressure, bradycardia, ABD/shoulder pain, difficulty breathing

6. What treatment measures and nursing interventions does the nurse anticipate for this client?

   C-collar, blood transfusion, fluid resuscitation, internal fixation, supplemental oxygen, bear hugger, warmed fluids, logrolling patient