

Case Study 4: N.J.**Scenario**

N.J. is a 65-year-old widow who lives alone. She has a long history of type 2 diabetes and hypertension. N.J. is not employed. She has very limited savings and relies on Social Security benefits for income. She smokes about half a pack of cigarettes a day and has been a smoker since she was in her 20s. She drinks alcohol “a couple of times a year, usually a glass of wine at a special dinner.”

N.J. has a sore on her ankle that she has noticed for the last several months. The sore does not hurt much, but she has been unable to get it to heal. The cashier at the convenience store tells her that she should use butter to help heal wounds because the butter keeps the wound moist and helps to enhance healing.

N.J. decides to follow the cashier's advice and applies butter to her wound for a week. The wound does not seem to be getting any better; in fact, it looks worse. It now has yellowish drainage, and the skin around the wound has become red. Her foot also hurts when she walks on it. N.J. stops the butter treatment and goes to the emergency department.

Discussion Questions

1. What are the priority nursing diagnoses for N.J.?
 - The priority nursing diagnoses would be that N.J. has Diabetic Peripheral Neuropathy since the patient has type 2 diabetes, a wound on her foot that has worsened in the last several months which started with no pain at all, and the wound has yellowish drainage with pain now.
2. What discharge teaching will you provide her?
 - Discharge teaching, I would provide would be to take her antibiotics first to reach the injured tissue, have bed rest, and have good control of her blood glucose. I would let my patient know to look at their feet every day and before putting on shoes to make sure the wound isn't getting worse as well to prevent new wounds from happening.
3. How can you advocate for N.J. regarding required medical equipment, supplies, and medications and their cost on a limited budget?
 - I can help her by contacting a social worker to help my patient out. The social worker can help her financially with her expenses and equipment that is needed for her recovery. I would try to get in contact with anyone that can help out my patient with her financial needs and getting her medical equipment.
4. What expectation would you anticipate for N.J. regarding follow-up care?
 - I would expect the wound to be getting better with the antibiotics that the patient should be taking. The wound will not get better fast as expected but should get better

Ashlee Guzman

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slowly but surely since having type 2 diabetes slows the wound healing process. I would expect the wound to be dry and covered with an appropriate wound dressing.