

#### Case study 4: N.J.

1. Smoking cessation would be a priority nursing diagnoses due to diabetes and hypertension.
2. Discharge teaching would consist of: Lifestyle changes- smoking cessation- support group, diet, and exercise, educate on wound healing (foot care), and encourage or instruct to comply with doctor appointments and medical regimen. I would also teach the importance of self BS monitoring.
3. As the nurse for N.H. I would link her to as many community resources possible and get her a list of community resources to assist with smoking cessation, cost of medications, equipment, and supplies. I would also make sure that she has Medicare and a PCP along with a follow up appointment.
4. Because N.J. is 68 years of age and has been smoking for many years, I would expect that she would not quit smoking and anticipate that her wound may have become infected or worsened. Smoking causes vasoconstriction and decreased blood supply to the feet.