

## **Stephanie Nelms**

### **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.?

N.J. has an infection on her foot that she can't get healed due to her diabetes.

2. What discharge teaching will you provide her?

Never put butter on a wound again. I would show and tell her how to treat and care for her wound. I would tell her if it gets worse to come back and to make sure she is managing her diabetes because that affects how her body will heal. I would encourage her to try an stop smoking.

3. How can you advocate for N.J. regarding required medical equipment, supplies, and medications and their cost on a limited budget?

I would get with the social worker to see what resources we can connect her with to help her with the things she needs. I would print out pamphlet's or any resources I could find that would help her. ex: medical equipment companies, ways to get free or reduced supplies and meds.

4. What expectation would you anticipate for N.J. regarding follow-up care?

We may need to get her set up with home health as she doesn't seem very responsible in taking care of her diabetes and isn't making the best decisions in helping her to live a healthy life style.