

Emily Litz

Unit 1: Overview CC

1) As the critical care nurse caring for her, what overall concerns do you have?

Some overall concerns that I have as the nurse caring for Ms. Mayfield begin with the fact that she is on heart medications including carvedilol and simvastatin whilst not complying with a heart healthy diet. When on heart medications, a heart-healthy diet should be followed to reduce the overall cardiac workload. In the excerpt, it states that her diet consists of food from local take-out restaurants. I know that this diet will be high in sodium, exacerbating her dx of HTN, and effectively contraindicating the purpose and function of her cardiac medications. Another concern I have is her sedentary lifestyle alongside issues getting out of the house. With impaired cardiac function, an active should be maintained to reduce pressure on the overall impaired cardiac functionality.

30 minutes/day, five times a week is the recommended exercise regimen for heart-healthy clients, especially clients with diabetes mellitus. Another concern that I have is the intake of ASA. Whilst on heart medications, drugs such as ASA should be avoided to prevent blood thinning, PE, aneurysms, and strokes.

2) Describe ways in which you would communicate with her and her POA for healthcare. Include what topics you would discuss at this time in her hospitalization.

Some things that I would communicate with Ms. Mayfield and her POA about healthcare would begin with education. I would educate them on diet, lifestyle changes, effects of ASA with heart medications, proper medication adherence, adherence to a heart-healthy diet. This would help the most with the medication adherence as nutritious food would work in continuum. These adherences are pertinent for the client to understand as it attributes to the mentioned fatigue and weakness. I would also discuss safe methods of exercise that she could practice whilst having a chronic foley catheter in.

3) Discuss the ethical issues this case presents.

Some ethical issues that are present in this case include poor and limited access to the proper everyday transportation, limited transportation to doctor appointments, and limited access to nutritious food. She must resort to low nutritional food due to convenience and poor transportation. Another ethical issue is her decreased ability to exercise or simply get out of her house, pertaining to the foley catheter and her

walker. Another ethical issue would be that of low access to healthcare workers or generalized help with ADLs.

4) Discuss the legal issues this case presents.

Some legal issues that are present in this case include her friend being listed as her POA, but signs of neglect are present. Even with a POA determined, Margaret struggles to have her basic needs met, resorting to unhealthy lifestyle decisions. Margaret also seems to be left to her own devices as she was lying in bed for several days from weakness.

5) In what ways will you serve as an advocate for Margaret?

Some ways that I can serve as an advocate for Margaret is by education provided to her POA for their responsibility to Margaret, especially when she cannot meet her own needs. I would also advocate for Margaret through local community resources to help her achieve access to nutritious food and improved access to healthcare. I would also advocate providing Margaret with community bus access for improved transportation.

6) What other departments would you involve in her care, and why?

Some other departments that I would involve in her care would include social services and case management. I would involve these two departments in her care because there are signs of neglect on part of the POA of which should be addressed; getting proper access nutritious food, healthcare, and transportation could help prevent Margaret from relying on sabotaging methods to meet her own basic needs.