Unit 1: Overview of Critical Care Nursing

ONLINE CONTENT (1H)

Unit Objectives:

- Select appropriate nursing interventions to manage common problems and needs of critically ill patients. (1,6,)*
- Develop strategies to manage issues related to caregivers of critically ill patients. (1,2,6)*
- Apply the principles of hemodynamic monitoring to the nursing and interprofessional management of patients receiving monitoring. (1,2,6,7)*

*Course Objectives

Assignment:

Review- Unit 1: Overview of Critical Care Nursing PowerPoint.
Read the case study, then answer the case study questions below.

CASE STUDY

- Margaret Mayfield is a 62 year old female who has been admitted from the ED to the critical care unit, after calling 911 due to severe fatigue, weakness, and fever. Her past medical history includes: dwarfism, HTN, hyperlipidemia, diabetes mellitus, and has a chronic Foley catheter due to urinary retention. She lives alone in an apartment and has no family members. Her friend is her POA for healthcare, and is the only contact listed. She has a home health aide visit once a week to assist her with bathing and all of her meals are delivered from local take-out restaurants. She utilizes a walker at home, however reports she hasn't been out of bed for the last several days due to weakness and fever. She uses a private ambulance service to go to physician appointments; this is the only time she gets out of her apartment for the last three years. Home medications include carvedilol, simvastatin, aspirin, and insulin. She does not have her medications with her and does not know the doses.

Case Study Questions

- As the critical care nurse caring for her, what overall concerns do you have?
  - Urinary tract infections or other urinary and kidney disease/injury - r/t chronic foley catheter (issues with using proper technique to insert and maintain), history of urinary retention, and history of diabetes
  - Living alone – she should have someone checking on her and helping her with ambulation, house maintenance, hygiene on a more regular basis
  - Diet habits contributing to HTN, I would also be concerned if her HTN is being controlled by the carvedilol, better diet options would also improve her cholesterol
- 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.
  - I would discuss concerns about heart failure and trying to better control her HTN and cholesterol, I would advocate for an echocardiogram and heart monitoring.
  - I would also discuss concerns regarding her being homebound. I would suggest resources to help get Margaret out of the house more frequently
- Discuss the ethical issues this case presents.
  - Margaret being homebound is a major ethical issue, I would assume this would also mean no one makes social visits to her either, this can be very tough on mental health
  - I would explore why Margaret has a chronic Foley catheter, specifically why she has urinary retention
- Discuss the legal issues this case presents.
  - Her POA could be acting as an advocate for Margaret, ensuring that she is receiving the care she needs, being present for doctor's appointments
- In what ways will you serve as an advocate for Margaret?
  - I would advocate for her home health aid to visit more frequently during the week if Margaret will be discharged home, but I would strongly advocate for her to go to an assisted living facility or nursing home which can help her with ADL's and ensuring that she is receiving the proper care (hygiene, social aspects, diet).
- What other departments would you involve in her care, and why?

- Dietary due to high cholesterol, poor diet habits, and to address any nutritional deficiencies
- Physical therapy to ensure that she is safely using her walker and to help her regain strength due to weakness
- Lab for bloodwork to check for electrolyte imbalances, cholesterol level, protein, kidney function, etc
- Imaging, potentially for an echocardiogram, if indicated
- I would contact her current physician to attempt to get dosages for her home meds

Place your answers to these questions in the **"Unit 1: Overview CC dropbox" by 1/8/2025 at 0800.** Be prepared to share and discuss your thoughts in class.

In order to receive full credit (1 hour class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignments not completed in its entirety will result in missed class time and must be completed by the end of the semester to pass the course.