

## **Part 1: Develop the Case**

### **Scenario:**

Jackie Wilson is a 19-year-old African American. She was born and raised in Champaign, IL. She grew up in a family of 5 children. Her father is a pilot for American Airlines and her mother is a psychologist and owns her own practice. She is the second oldest and is close with all her siblings. She was raised in a church and went to Judah Christian School k-12<sup>th</sup>. Jackie loves being outside and hanging with friends. She is known for her bubbly and outgoing personality. Her friends and her love spending time at the parks hang out and exploring nature. She is now attending the University of Illinois and majoring in Biological and Biomedical Sciences and lives in a sorority house. Jackie and her sorority sisters will throw parties on the weekend to themselves to let loose after a stressful week of classes. Many of the college students bring their own beer and marijuana to the parties. Jackie has found a quick stress release when she uses marijuana.

Jackie went out on campus with a few friends she met at a local bar. Late in the evening, Jackie wondered off with a stranger from the bar. He assaulted her in a park nearby. Ever since this night, Jackie has withdrawn from social gathering with her sorority sisters and has seemed to be easily startled. Jackie has been feeling very depressed and falling behind in classes. She knows she has a good support system between her family and friends, but she is afraid that they will judge her. Jackie is struggling to work through this traumatic event. She goes through many emotions a day that include guilt, anxiety, fear, and anger. She has started to experience insomnia because the nightmares are unbearable to live through. Jackie visited the emergency dean to get help with the classes she has fallen behind in. The emergency dean has referred her to the student center for crisis counseling. Speaking to the crisis counselor, Jackie reported an increase in marijuana use in order to help her with the insomnia. The crisis counselor noticed that Jackie was easily startled and kept a good amount of distance between them. He also noticed that Jackie had poor personal hygiene, blood shot eyes, and was guarded. The crisis counselor encouraged Jackie to go to the emergency department or primary care provided, depending on what feels most comfortable, to be assessed medically.

**Objective data:** easily startled, distant, guarded, poor personal hygiene, blood shot eyes.

**Subjective data:** guilt, anxiety, fear, anger, insomnia, nightmares, depressed

Patient is a 19-year-old African American. She presents with post traumatic stress disorder and marijuana abuse. Patient states she was recently raped. She states that she has been feeling very depressed, angry, and guilty. She hasn't been able to sleep because she has recurring nightmares of the incident. Patient appears to be poorly groomed; she is wearing pajama pants with a hoody. Her hair is unclean and matted. She is very guarded and keeps good distance between herself and another person. She has little to no affect, her speech is quiet and muffled with poor eye contact. She is alert and orientated to person, place, and time. Patient's ability to concentrate is poor. She is unable to recall moments leading up to the rape or how she got home. She feels like the rape is her fault and could have somehow prevented it.

**Part 2: Plan of Care**

**Nursing Diagnosis #1:** Insomnia related to PTSD as evidence by nightmare and sleep disturbances

<p><b>Goal 1: Identify and manage stressors that trigger flashbacks</b></p>	<p><b>1.</b> Teach patient visualization and relaxation techniques <b>2.</b> Provide a calming environment <b>3.</b> Encourage patient to keep a journal of stressors</p>	<p>Helping the client to identify and manage stressors that trigger flashbacks will help the client to avoid or find other ways to cope with those stressors when they appear.</p>	<p>Nursing Care Plan for Post-Traumatic Stress Disorder (PTSD). (n.d.).<a href="https://nursing.com/lesson/nursing-care-plan-for-post-traumatic-stress-disorder-ptsd/">https://nursing.com/lesson/nursing-care-plan-for-post-traumatic-stress-disorder-ptsd/</a></p>
<p><b>Goal 2: The client will follow a sleep routine</b></p>	<p><b>1.</b> Educate patient to start getting ready for bed at 2100. <b>2.</b> Encourage patient to sit in bed and read before</p>	<p>Helping the client learn and follow a sleeping routine will help promote sleep.</p>	<p>Nursing Care Plan for Post-Traumatic Stress Disorder (PTSD). (n.d.). <a href="https://nursing.com/lesson/nursing-care-plan-for-post-traumatic-stress-disorder-ptsd/">https://nursing.com/lesson/nursing-care-plan-for-post-traumatic-stress-disorder-ptsd/</a></p>

	bed. <b>3.</b> Educate patient to turn all lights and sounds off when going to bed		
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**Nursing Diagnosis #2:** Drug dependences related to ineffective coping skills as evidence by using marijuana to self-medicate.

<p><b>Goal 1: The client will learn effective coping skills</b></p>	<p><b>1.</b> Encourage patient to distract herself with activities like going to the gym when wanting to smoke marijuana <b>2.</b> Encourage the patient to spend time in nature to relieve stress <b>3.</b> Educate the patient that using marijuana as a coping skill is ineffective</p>	<p>The client learning effective coping skills will help her maintain a healthy emotional wellbeing without creating an addiction</p>	<p>Vera, M., &amp; Vera, M. (2020, January 11). Nursing Diagnosis for Substance Abuse: 8 Care Plans. <a href="https://nurseslabs.com/substance-abuse-nursing-diagnosis-care-plan/">https://nurseslabs.com/substance-abuse-nursing-diagnosis-care-plan/</a></p>
<p><b>Goal 2: The client will be aware of her dependency with marijuana.</b></p>	<p><b>1.</b> Promote dignity and self-worth by separating the client from marijuana use. <b>2.</b> Educate the patient on the difference between addictive verse</p>	<p>The intervention in place will help the client recognize her dependency with marijuana. She will be able to identify the causes for</p>	<p>Vera, M., &amp; Vera, M. (2020, January 11). Nursing Diagnosis for Substance Abuse: 8 Care Plans. <a href="https://nurseslabs.com/substance-abuse-nursing-diagnosis-care-plan/">https://nurseslabs.com/substance-abuse-nursing-diagnosis-care-plan/</a></p>

	occasional use <b>3.</b> Discuss the patient's current situation and her increase use of marijuana	her increase use of marijuana which will help her to make better choices with coping.	
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### APA Reference:

Nursing Care Plan for Post-Traumatic Stress Disorder (PTSD). (n.d.). <https://nursing.com/lesson/nursing-care-plan-for-post-traumatic-stress-disorder-ptsd/>

Vera, M., & Vera, M. (2020, January 11). Nursing Diagnosis for Substance Abuse: 8 Care Plans. <https://nurseslabs.com/substance-abuse-nursing-diagnosis-care-plan/>

### Part 3: NCLEX Questions with Rationale

1. A female patient arrives in the emergency department with complaint of being raped. The female patient is withdrawn and is very quiet. The nurse on duty is asking the client if she wants the nurse who specializes in rape crisis to perform rape kit on her. The client is not responding. The crisis nurse on duty knows she is to:
  - a. Complete a rape kit even if the patient doesn't want it
  - b. Advocate for the patient's right to refuse rape kit**
  - c. Call 911
  - d. Ask the patient if she knows who raped her
  
2. A 20-year-old female arrives in the clinic for her annual physical with her primary care provider. The primary care provider should question if the patient is experiencing depression based on what signs? (Select all that apply)

- a. Poor personal hygiene**
- b. Insomnia**
- c. Feeling confident**
- d. Anxiety**
- e. Emptiness**

**3.** A nurse is interviewing the 20-year-old client who has been raped. The nurse is asking the client questions about the rape and the client states "Maybe I led him on to think I wanted to have sex with him".

The nurse should assume that:

- a.** The client is making the rape up
- b. The client is experiencing guilt**
- c.** The client is in denial
- d.** The client wants to go home and not talk about it