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NUR392: Nursing Care of Children and Adolescents

Professor Popoola

### Journal 5

Approaching this week, my partner and I were in the care of a patient whose chief complaint was acute respiratory distress accompanied by moderate chest pain. This patient is a 14 year old girl who has a history of asthma and mildly overweight for her age group. Upon arrival we were able to speak to both her and her mother in order to get information on how this attack occurred. The patient stated that it happened suddenly and it felt very different compared to her other asthma attacks. She currently takes albuterol at home. We were able to listen to the patient's lungs to which there was an audible wheeze on expiration in both fields. A head to toe assessment revealed slight pitting edema on her ankles which can be a sign of fluid retention. We informed the patient's nurse of our findings and reassessed the patient's lungs after her scheduled albuterol treatments. Wheezes were diminished and we educated the patient on identifying the triggers of her attack, carrying her rescue inhaler and proper dietary changes to address her weight as this may exacerbate her condition. For this patient I believe it is important to follow up on a regimen consisting of using a peak flow meter to monitor her condition as she might need different medications to improve her breathing. An accomplishment I noticed was the ability to understand the disease process, anticipate interventions needed and to make it understandable for this patient during the education process. It is important especially for this age group, to help them understand their condition and allow them to play a role in their own recovery. Understanding this, allows me to see my growth develop in this specialty and also as a future nurse. A challenge regarding this patient would be the inability to narrow down the reason for her severe attack, as it would provide a clear explanation on why it happened. Throughout the course of this clinical day, I believe I maintained a strong communication with my patient and her parents and provided clear and concise information on how to prevent severe attacks from happening. A scripture I had would be Proverbs 11:25 ESV "Whoever brings blessing will be enriched, and one who waters will himself be watered." I make it a point to understand my role as a student in this speciality, to understand a variety of illnesses that are common in this population. Utilizing this knowledge to then teach others such as my patients will empower them and heal them through the power of God's will. I hope to continue in this pursuit and get better when I start my career as a professional nurse.

