

Reading Hospital School of Health Sciences
Nursing Program
NRS 200 Acute Care/Complex Issues
Clinical Community Project Assignments
Fall 2019

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Week 3 Assignment

Due 9/24/2020 at 0800

During week three, you will research the three priority health concerns identified by your individual. Complete the following questions in this document and submit to your clinical instructor's Dropbox on Edvance360. Please hand write the concept map and submit a picture or scanned copy into your clinical instructor's Dropbox on Edvance360.

1. Identify the client's three priority health concerns that you noticed during your initial phone interview.
 - a. urinary issues related to prostate cancer
 - b. short term memory and cognitive changes related to recent hemorrhagic stroke
 - c. isolation and possible exposure related to COVID-19

2. Research the medical diagnoses related to each priority health concern in the Medical-Surgical or Pathophysiology textbooks to gain a better understanding of the disease process and how it can affect the client (signs and symptoms, client education needs, treatments, etc.).
 - a. Prostate cancer:
 - i. proliferation of cancer cells that usually take the form of adenocarcinomas and typically originate in the posterior prostate gland
 - ii. possibly progressing to widespread bone metastasis and death
 - iii. second most common malignancy in men and after skin cancer
 - b. hemorrhagic stroke
 - i. sudden impairment of blood circulation to the brain affecting neurological function
 - ii. blood leaks from a blood vessel or hemorrhage into the brain tissue, causing edema, compression of brain tissue, and spasm of adjacent blood vessels
 - iii. intracranial hemorrhage becomes a space-occupying lesion that compromises brain function
 - c. isolation and possible exposure to COVID-19

- i. risk factors for my client: age, cerebrovascular disease, hypertension, immunocompromised state, prostate cancer
 - ii. COVID-19
 1. characterized by a massive proinflammatory response or cytokine storm that results in ARDS and multi organ dysfunction
 2. caused by severe acute respiratory syndrome coronavirus
 3. primarily affects the respiratory system & highly transmissible
 4. fatality rates high in elderly and immunocompromised
3. Choose the top priority health concern and utilize the concept map below to summarize the client's priority medical diagnosis. Complete the concept map with all the topics you would expect to find for a client with this diagnosis, this would include common medications, labs, and diagnostic tests, and assessment findings.
 - a. short term memory and cognitive changes with recent hemorrhagic stroke
4. Obtain one scholarly, nursing article for the medical diagnosis related to each priority health concern (3 articles total). Summarize the findings, complete an APA reference list, and submit findings and reference list.

Article Summary: Implications for Cardiovascular and Socially At-risk Populations

Coronavirus has created a global crisis that is unpredictable when and if there is an end in sight. “COVID-19 is an infectious respiratory disease caused by the newly discovered pathogen, SARS-CoV-2.” Himmelfarb states that there were 206,207 in the United States as well as more than 4,542 deaths as of April 1, 2020. Those at risk include elderly with underlying comorbidities such as cardiovascular disease, diabetes, chronic respiratory disease and cancer. The article goes into great depth of those who have an underlying cardiovascular disease are at increased risk to have worse symptoms if they contract COVID-19. Shockingly, “more than 100 million americans have some form of cardiovascular disease,” which puts about one third of america's population at a higher risk. The cardiovascular data being astronomically high awareness and precautions are important to reduce the spread of this global crisis in the United States. Some considerations to take are hand washing, socially distancing, use of delivery services, stocking up on food and beverages, self isolation if exposed, avoid large crowds, stay up to date on vaccinations, manage stress and stay active. If and when accessing websites and information related to the pandemic it is strongly advised to look at reliable sources. As COVID-19 evolves and studies occur we will have increased knowledge of COVID-19 which will take time and general precautions and guidelines are highly encouraged until then.

Article Summary: Understanding Advanced Prostate Cancer Decision Making Utilizing an Interactive Decision Aid

Prostate cancer is one of the most common cancers as well as the “second leading cause of cancer deaths.” The goal of the study was to describe and put your feet in their shoes to make decisions about the details and treatment of prostate cancer by utilizing the decisionKEYS for

balancing choices. This was developed to help clients enhance and assist them with making knowledgeable decisions of their care and treatment. This consisted of different components including: education pamphlets, decision making theory description, adequate time with provider, treatment decision with loved one, how much treatment they want, and resources that describe the decision making process and testimonials from others in similar situations. The study consisted of 35 pairs of patients and their loved ones. Specific criteria was utilized although one big exclusion was any diagnosis of severe psychiatric illness. Many testimonials from patients in the study indicated the decision aid was useful, increased their knowledge and assisted their final choice, quality of life was more important than quantity of life, and when making a decision they were confident in their choice. The decision model was helpful and provided the client and family adequate time to think about their options and any questions they had. The model that was utilized did not increase anxiety in any of the participants. Some of the limitations included: high socioeconomic status, mostly female spouses, predominantly white, and interviews together with clients and loved ones. Each pair was asked preference on how they wanted to be interviewed, although with doing it at the same time this could have left out some important data that the client or loved one did not want to say in front of each other. Overall this decision making model was both beneficial to the client, loved one and health care providers. It facilitated time, allowed opportunities to discuss risks and benefits, treatment options, and collaborating to come up with client and family priorities of care.

Article Summary: Protecting Patient Safety and Preventing Modifiable Complications After Acute Ischemic Stroke

Stroke has been one of the leading causes of death as well as disability in adults. “Stroke survivors often experience a variety of deficits related to mobility, nutrition, immunity, mood and cognition.” Some stroke complications include malignant cerebral edema, new ischemic stroke, falls, pain, malnutrition, dysphagia, depression, and blood clots. Many stroke survivors have some form of mobility deficit also known as hemiparesis which depends on size and location of infarct. Since many clients have some sort of mobility dysfunction falls are the leading cause of injury. Those clients who have some type of paralysis are common to have pain and weakness in the affected extremity. Many stroke survivors have decreased muscle strength in the oral region which puts them at risk for dysphagia and/or aspiration pneumonia. Malnutrition and dehydration is also common in clients who have had a stroke which can also put them at risk for acute kidney injury, hyponatremia/hypernatremia, and seizures. High glucose levels also worsened outcomes post stroke because it increased lactate levels and had a greater infarct expansion. Mood and cognitive impairments such as delirium, confusion, depression, short term memory loss, and impulsivity are common post stroke complications. These mood and cognitive alterations put the client at risk for falls, inability to reason and remember, can cause aggravation, and incompetent to make safe decisions. “Patient and family education is essential to increase awareness” and allows the nurse to emphasize specific client needs and concerns. These individualized needs can be based upon mobility, reducing falls, nutrition needs, preventing complications, improving cognitive function and monitoring mood.

References

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