

**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 handwrite 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.

My individual three major concerns relating to health is as follow diabetes which led to his blindness, hypertension, end stage kidney disease. During the phone interview those were the three major health issues that we spoke about and its really having a great impact in the family. I also have the same concerns and knowing how the family have to do everything for him, he use to be very independent but now realise on the family to do everything.

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- Diabetes type 2 is a genetic disease and it can be very stressful without proper help, proper knowledge of the disease it can be difficult to live with. Your pancreatic cells are not able to produce enough insulin to help the body maintain homeostasis. Therefore, following the doctor's order taking your meds exercising will make a big difference in your life this disease is long term in chronic in progress two more comorbidities later in life if not treated.
 - b- Signs and symptoms often arise suddenly for ex; Hypoglycemia, hyperglycemia, diaphoretic, tremors, blurred vision, and falls.

- c- Education: Patients are educated to check their glucose levels daily with a glucose meter and keep up with lab work to check for their hemoglobin A1c levels, eat a proper diet with carb control. Exercise is so important for diabetes management that most individual are encouraged to participate in programs of regular exercise and nutritional usually these considered an integral part of the therapeutic regimen for every diabetic.
- d- Treatment; Take medicine as prescribed.

Hypertension is systemic arterial Blood Pressure is the pressure exerted on the walls of the arteries during ventricular systole and diastole. It mainly affects cardiac output; distention of the arteries; and the volume, velocity, and viscosity of the blood. A normal Blood Pressure in adults is considered a systolic BP less than 120 mm Hg over a diastolic BP less than 80 mm Hg. High Blood Pressure called hypertension, which is defined by greater than 140 systolic mm Hg / less than 90 diastolic mm Hg. My individual is having a difficult time dealing with an unstable Blood Pressure.

- a- S/Sx of High Blood Pressure is an high pulse pressure, light head, dizziness, and unable to maintain homeostasis.
- b- Patient with Hypertension are instructed to take their blood pressure daily with a blood pressure kit per doctor's order, takes meds on time and the same every day to monitor their blood pressure. Do not get up abruptly to prevent falls with can cause injuries.
- c- Treatment; Take meds as prescribed and follow a regular low sodium diet.

Chronic kidney disease (CKD) is a pathophysiologic process that results in the loss of nephrons and a decline in renal function as determined by a measured or estimated decrease in the GFR that has persisted for more than 3 months. CKD leads to end stage kidney disease, which my individual is currently on hemodialysis three time a day to sustain life.

- a- S/Sx Patient develop *Uremia*, which literally means "urine in the blood, that contribute to renal failure. The kidneys are not able to do their natural job of filtering and perfusion. The uremic state is characterized by signs and symptoms of altered neuromuscular function (e.g., fatigue, peripheral neuropathy, restless leg syndrome, sleep disturbances, uremic encephalopathy); gastrointestinal disturbances such as anorexia and nausea; white blood cell and immune dysfunction; amenorrhea and sexual dysfunction; and dermatologic manifestations such as pruritus.

- b- Patient are instructed to avoid drinking excessive fluids to prevent fluid overload. Keep up with scheduled time for dialysis to avoid complications.
 - c- Treatment; is hemodialysis system, or artificial kidney, consists of three parts: a blood delivery system, a dialyzer, and a dialysis fluid delivery system. The dialyzer is usually a hollow cylinder composed of bundles of capillary tubes through which blood circulates, while the dialysate travels on the outside of the tubes. During dialysis, blood moves from an artery through the tubing and blood chamber in the dialysis machine and then back into the body through a vein. Heparin is used to prevent clotting during the dialysis treatment.
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.
 - See attachment
 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.

Depression and diabetes

Depression and in people living with diabetes can be very frustrating when you must stick yourself daily to obtain a blood sugar simple before you can move on with your day. Is often very painful most people living with diabetes have many other issues while coping with the disease, this article is telling us about a study on how many people that has been very discourage in living with the disease. However, there is no cure but there are ways to live right and will not have to worry if the disease is being treated. Health care health care providers find a way to help alleviated this painful depressive disease. Per this study from this article 50% of people living with this disease because they do not know. A routine check up for other health issues in lab work help discover this disease however you could be living with diabetes in never know until you develop s/sx so it is encouraging to check up with your doctor and get screening done for preventive measures. It is a silent disease it can progressing without your knowledge. My individual has been living with diabetes for almost half of his life in now because of the complication of the disease he is now blind and depends on his family to do everything for him because he cannot see that is why he is so depressed. His wife is taking good care of him, but he is still not happy. He feels like he's a burden two his family, thank God for hemodialysis care he can live a normal life despite the disease complication a psychiatrist would be a great help to this family because the depression needs to be treated.

Blood Pressure

Living with High Blood Pressure is manageable per this article, we know that hypotension is the leading cause in most kidney diseases in healthy people. Hypertension is a very delicate situation to monitor. As per the article blood pressure can be measure with discipline, then one will be able to get a blood pressure that they can believe in. People living HBP are encouraged to continuously monitor their blood pressure by taking it daily with a sphygmomanometer in sitting position with a stool leg supported and arms relaxed. Patient should be quiet and still to be able to get a good reading. The patient living at home are more accurate in their Blood pressure readings per the article. In hemodialysis blood pressure are measured to help monitor the patients before treatments. Take medication on time same time every day follow your doctor's order to prevent complication of high blood pressure. Proper action will help you live longer with high blood pressure. Uncontrolled blood pressure will lead. to kidneys disease.

Chronic Kidney Diseases

Living with chronic kidney disease is almost like the end of life because with out hemodialysis therapy you can not sustain normal quality life. This article teaches how to have good quality of life and how to live with the chronic kidney disease in not make it a burden. This disease comes with many symptoms like anxiety and depression that is related to the CKD. But this article stated that further studies will be done to modify Adaptive and maladaptive coping illnesses perceptions.

Reference

- Dieter, T., & Lauerer, J. (2018). Depression or Diabetes Distress? *Perspectives in Psychiatric Care*, 54(1), 84–87. <https://doi.org/10.1111/ppc.12203>
- Headley, C. M., Wall, B. M., & Cushman, W. C. (2017). A Blood Pressure You Can Believe In. *Nephrology Nursing Journal*, 44(1), 57–72.
- Kalfoss, M., Schick-Makaroff, K., & Molzahn, A. E. (2019). Living with Chronic Kidney Disease: Illness Perceptions, Symptoms, Coping, and Quality of Life. *Nephrology Nursing Journal*, 46(3), 277–290.