

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

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Date: __9/24/2020_____

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 neighbor has a few illnesses including osteoarthritis, hard of hearing, prostate cancer, and thrombophlebitis. He is most concerned about his joint pain, bleeding due to thrombophlebitis and hard of hearing.
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.).

Osteoarthritis

Some of the risk factors include obesity, laborious job, sports, and history of previous injuries (Med-Surg book, p.1104). The client states that he used to play sports a lot when he was in school, so that might explain why he has this disease. He shows the sign and symptom of pain, stiffness, difficulty to move at the joints, especially his knees. He is currently doing physical therapy, he could also benefit from aerobic exercise and lower extremity strength training to slow down the progression and decrease the S/S. Some medication that can help are NSAIDs, COX-2 enzyme blockers, opioids, or topical analgesic. As a

nurse, I will educate the client about the disease process, assistive devices, and the importance of exercise when pain is least severe.

Thrombophlebitis

My client legs are where his concerns for the disease is. He is currently taking aspirin to prevent further clots and he has a Greenfield filter in place for risk of PE. However, one important thing I need to educate him is that there is an increase in thrombosis occurs at the site of the filter itself if he stops taking his aspirin (Patho book, p.654). The filter could break or migrate as well. Since he is still active, he isn't at high risk for DVT because immobile people like bed rest, post surgery patients are more prone to it.

Hearing loss

75% of adult 65 year or older have hearing loss, with the sensorineural type being the most common (Patho book, p.527). They can hear sounds but cannot understand with clarity what is being said. The most common treatment is hearing aid, which my client already has on. Other treatment includes lipreading, assistive listening devices, caption on TV, flashing alarms. As a nurse, when talking to my client, I want to make sure that I face him so he can see my expression and lips, it would make it easier for him to understand.

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.
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.

Thrombophlebitis article

Incidence of DVT is high for post-operative patients at the hospital. To reduce the incidence, the health care team came up with a plan called "Keep it moving and remember to P.A.C" (Wilson, K. & et al, 2018). This plan has 3 components: Pharmacology, Ambulation and Compression, which are approached by a multidisciplinary team to provide a patient-family care. Overall, the plan decrease the average amount of incidence over a 3 year period.

Hearing loss article

More than one third of 65 years or older adult have some form of hearing loss (Blevin, S., 2015). This can be difficult for them to comply to the treatment due to lack of understanding. The article shows many strategies for nurses to educate patients, help improve patient outcomes. The strategies include getting patients' attention, speech quality, speech reading, technology, written communication, American Sign Language interpreters and confirmation of understanding. Nurses should choose personalized methods that will benefit the patient outcomes.

Osteoarthritis article

Total knee arthroplasty is common in people who have osteoarthritis. However, not everyone experienced it the same, depending on family member availability, post-surgery mobility, feedback from friends who has have it done, coping mechanism, pain tolerance, etc. In this article, patients explain how these factors have a big impact on determining the patients emotions going in surgery (Danmar, H. T., 2017)

Medications

NSAIDs
 Intra-articular corticosteroid injections
 COX-2 enzyme blockers
 Opioids
 Topical analgesics (capsaicin)
 Methylsalicylate
 Topical diclofenac sodium gel

84 y.o male with osteoarthritis.

Assessments

Localized discomfort with pain on motion
 Limitation of motion
 Crepitus
 Quadriceps atrophy because of lack of use
 Joint instability

PT age, sex, medical DX, HPI

He has a L knee replacement many years ago. His knee, back, and shoulders are the most painful

Labs/DX testing

History
 Physical examination
 X-ray

Risk Factors

Older age
 OA in multiple joints
 Neuropath
 Obesity (for knee)

Treatments

Physical rehab
 Surgical measures (arthroplasty)
 Assistive devices (cane, walker)
 Medications (NSAIDs)
 Viscosupplementation

Complications

Chondrolysis
 Osteonecrosis
 Stress fractures
 Bleeding inside the joint
 Infection in the joint

Reference

Wilson, K., Devito, D., Zavotsky, K. E., Rusay, M., Allen, M., & Huang, S. (2018). Keep it moving and remember to P.A.C.

(Pharmacology, Ambulation, and Compression) for venous thromboembolism prevention. *Orthopaedic Nursing*, 37, 339-

345. <https://doi.org/10.1097/NOR.0000000000000497>

Damar, H. T., & Bilik, Ö. (2017). The patient's experience in total knee arthroplasty: past-now-future. *MEDSURG Nursing*, 26(2),

132–136.

Blevins, S. (2015). Nurses as educators. Teaching patients with hearing loss. *MEDSURG Nursing*, 24(2), 128–129.