

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

Name: \_ashley conquest\_\_\_\_\_

Date: \_\_\_\_\_9/24/20\_\_\_\_\_

**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.  
The client's three priority health concerns are his mental health (PTSD), fear related to cardiovascular risk(MI), and cancer recurrence (malignant neoplasm of larynx).
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.). PTSD is a condition that develops when a person has been exposed to a traumatic event in their life. The condition often negatively affects relationships, communication, and daily activities. Some people will experience flashbacks, nightmares, headaches, difficulty concentrating, and negative emotions. Many people try to identify and avoid their triggers and attend individual or group therapy to help cope with their condition. Antidepressants and anxiolytics are the medications that are prescribed.  
Myocardial infraction is a blockage of blood flow to the heart. Some people will experience chest pain , fatigue, shortness of breath, sweating, radiating pain, or no symptoms at all. An unhealthy lifestyle can contribute to a myocardial infraction, such as smoking, obesity, diabetes, hypertension, and hyperlipidemia. The diagnostic test that are commonly used are electrocardiogram and coronary angiogram. Patients are often placed on a variety of different medications such as beta

blockers, statins, ace inhibitors. A diet change is highly recommended. If the medications fail to work, surgery is the next option. The patient will have a bypass, stent, or angioplasty to help keep the heart functioning properly.

Laryngeal cancer is when malignant cells form in the tissues of the larynx. The patient will have pain or swelling in the throat, difficulty swallowing, difficulty breathing, and a change in voice. A physical exam of the mouth and throat is needed. A biopsy of the tissue and laryngoscopy is performed of the throat. Risk factors include heavy alcohol use, tobacco user, workplace toxins, and genetics. Chemotherapy, radiation, and laryngectomy are used to treat this cancer.

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. The top priority concern is the cancer recurrence
4. Obtain one scholarly, nursing article for the medical diagnosis related to three priority health concern (3 articles total). Summarize the findings, complete an APA reference list, and submit findings and reference list.

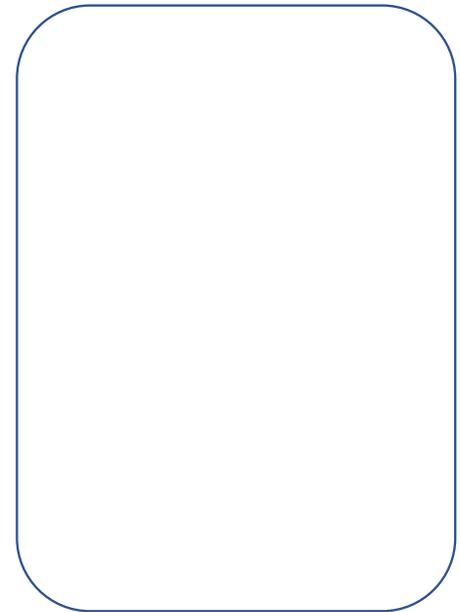
Medications



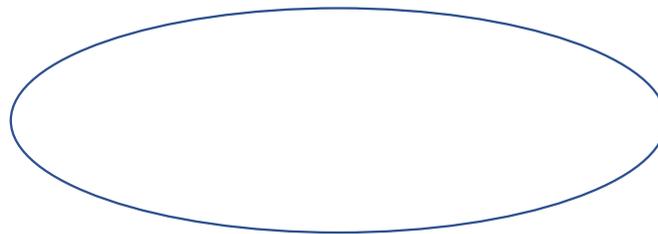
Assessments



Labs/DX testing



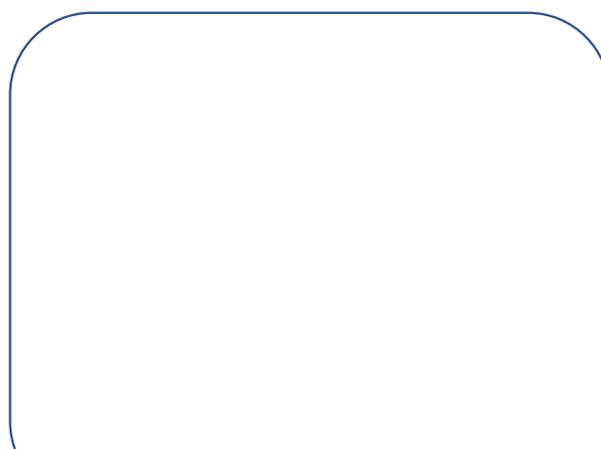
PT age, sex, medical DX, HPI



Risk Factors



Treatments



Complications



## Summaries

Improving Care Coordination for Comorbidity and Cancer- Many patients have multiple comorbidities besides their cancer. Often patients are conflicted who to see first their oncologists or primary care provider. The lack of care coordination between both doctors increase the risk for poor outcomes and the patient's quality of life. If the oncologist and primary care provider both collaborated the patient's survival rate would be much higher, unplanned hospitalizations and polypharmacy would decrease.

Dietary and Feeding Modifications for Older Adults- Often caregivers of older individuals with special diet needs are often left to fend for themselves with little to no education about specific diet needs or modifications. This puts stress on the caregiver and patient. The nurse will meet with the caregiver and the patient to provide nutritional screening, education, and management across the care setting. The nurse will identify and develop strategies to improve nutritional status. Sometimes, occupational and speech therapist may be consulted because the patient may need adaptive equipment or have dysphagia problems.

Oral Care for Head and Neck Cancer Symptom Management- Nurses and oncologist dentists collaborate to educate and provide support to recently diagnosis cancer patients, post-surgery, and chemo and radiation patients about oral care. Often with neck cancer one of the biggest side effects that these patients develop is oral mucositis. This is due to the toxicity of the radiation or chemotherapy dose. Oral mucositis is painful and increases the risk of infection. Often it is very difficult to eat and drink. Patients are referred to oncologist dentist for a dental evaluation. Then, the nurse care coordinator oversees giving patients a comprehensive oral kit and information. The nurse will demonstrate and explain all the products to the patient. Demonstrating the products is important because the patient must know how to properly use all items in the kit. Patients who began to use these oral kits seen an improvement in their symptoms.

Heart Attack –The article educates patients what causes a heart. The patient is made aware of the main signs and symptoms to look for if they may be experiencing a heart attack. The article also describes how a heart attack is treated with medication. Most importantly the article gives information on how to prevent a heart attack.

Getting to the bottom of PTSD- Article explains what posttraumatic stress disorder (PTSD) is and how a person must meet the five diagnostic criteria to be diagnosis. Many people are misdiagnosis. The article explains the different type of therapies and pharmacologic treatments a client may be prescribed to help treat PTSD. The article also, highlights the nurse’s role in the healthcare setting to actively screen patients for symptoms of PTSD and to help develop coping skills to deal with the triggers.

#### References

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