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Case Study



Describe Your Approach to Care

Different issues arise in nursing, and thus they require resolution for effective care. The approach to care that I will apply is beginning with assessment, proceeding with planning, implementation and, finally, evaluation. This approach is called APIE. This approach ascertains considerations of the holistic needs of the patients. It addresses the entire range of needs consisting of health, family, personal, economic, mental, as well as other circumstances. Mr. P's case can be addressed in the best way by the application of this approach. In combination with his heart problem, the man's economic welfare has to be handled as well. The wife is traumatized by not only the condition of Mr. P, but also by the accumulation of bills in the hospital that cannot be covered, since the breadwinner is sick. The patient has issues with managing his diet restrictions. To my comprehension, the proposed approach suits Mr. P's case, as it focuses on all issues the man is undergoing.

Recommend a Treatment Plan

Mr. P suffers from cardiomyopathy and congestive heart failure (CHF). Cardiomyopathy denotes a problem of a heart muscle failing to contract accordingly. CHF describes a heart problem that prevents it from effectively or efficiently pumping blood to the entire body. The patient's problem is worsened by his failure to sustain diet restrictions and poor polypharmacy management. I recommend a treatment plan that directs the clinical officers concerning the case and aids them explain to the patients all that his health demands. The plan incorporates circulatory stasis, skin maintenance integrity, restoring plus maintaining electrolyte and fluid balance, and sufficient nutrition. Frequent



monitoring of Mr. P should include crucial indicators, intakes and output, serum electrolyte, daily weight, nutritional intake and blood gases level. Mr. P has to follow a sodium restricted diet and consume less fluids. Since this particular patient has problems adhering to diet restrictions and medical bills are becoming a burden, then he should be watched closely by the wife as well. Mr. P should also walk and exercise to enhance blood circulation. The wife should not talk about the matters of finances which would have negative effect and lead to health deterioration of Mr. P. The pharmacologic action of the drugs administered to Mr. P should be outlined clearly to the couple. They should be provided with the information regarding outward reaction that require immediate notification of nurse or physician.

Describe a Method for Providing Both the Patient and Family with Education and **Explain Your Rationale**

Family members who assume the responsibilities related to caregiving at times remain uninformed about what is required from them. Caregiving competency increases whenever family members acquire training that increases skills needed for the provision of comprehensive care.

The method to be applied here is the COPE model. C represents creativity. It remains crucial that creativity is embraced. The creativity applied to helping



Mr. P can allow the wife to overcome overwhelming challenges, such as finances in their case. The patient's responsibility is soliciting the family's income. Being sick renders the family helpless. Creativity enhances income generation alternatives via stepping back to perceive the financial issue from a different angle. The perception is vital for the purposes of establishing creative solutions, such as setting up fundraising, or even having the patient driven to the hospital by friends rather than incurring transportation costs. O represents optimism. The patient's emotional elements are addressed here. Mrs. P need to acquire the interpersonal skills of communication to handle the husband's emotions, while Mr. P has to understand the need for accepting the provided precautions and guidance. Planning needs to be incorporated as well. The caregiver should possess the expert information for handling specific situations. It also inculcates the contingent plan development for reduction of uncertainty via specification of what is required if a certain issue occurs. For this reason, E represents expert information. Therefore, this model focuses on the provision of background information to the family in order to comprehend the reasons for doing specific tasks as directed. I have chosen this method, since it addresses each aspect of caregiving.

Provide a Teaching Plan

The teaching plan for educating Mr. and Mrs. P is provided below. The initial part incorporates problem identification. Based on the case, the patient and his wife have multiple problems. Mr. P is ill, he also fails to manage diet restrictions and his finances. The man's working inability causes great stress resulting from increased expenditure and no income.



The second part is turning problems to Nursing Diagnoses. The nursing diagnosis incorporates family's and or patient's clinical judgement, experience or responses to health problems. It is established from the obtained data by nursing assessment. The issues identified above are now applied in nursing diagnosis enhancing the provision of nursing response.

The outcome marks the most important part of patient care goals. The nursing diagnosis affects outcome determination. The outcome element has to be measurable. For Mr. P, the measurable goal could be the decrease in the occurrence rate of severe symptoms of heart problems before the end of the week.

The next part of the plan is intervention. The initial goal determines the necessary interventions. For instance, Mrs. P can assess the occurrence of the symptoms. If the change is not experienced, then she can contact the physician.

The next part of the plan is rationale. Mrs. P should understand the reason behind her actions in relation to the patient needs. If she calls a physician, then then there should be a reason behind her action.

The final section is evaluation. The caregiver and the patient have to make evaluations. They are designed to find out whether all major problems have been considered and the correct diagnosis has been applied. after all, it is important for the goals to be measurable.

