

# **NURSING CASE STUDY**

## Table of Contents

Introduction.....	3
Incident 1: Communication.....	3
Incident 2: Professional self-care strategies.....	4
Incident 3: Research.....	6
Conclusion .....	7
Reference List .....	8

## **Introduction**

The main purpose of the study is to develop some of the nursing strategies in order to make the proper treatment of the patient. The concept of nursing highlights that it encompasses the caring for all kinds of people of different ages. The proper care will help in the development of the health and it will help in the formation of the safer environment. The nursing care highlights some of the factors like spiritual and the social needs of the individuals (Ackerman, 2014, p.127).

In the module, the learner has been given a Professional Experience Placement and she has been handed with the four patients. Out of them, she had made a survey on Mrs. Gianopolis where she had come with her daughter in law. **Mrs. Gianopolis have been suffering from COPD** (Beard, 2014, p.25).

## **Incident 1: Communication**

From the above scenario, it has been observed that the doctor have failed to communicate properly with the patient and so for that reason the proper medication orders have not been fulfilled properly. The code of conduct need to be maintained properly by the nursing authorities so that the patients as well as the nurses can able to ***express their problems in proper language***. The registered nurses need to communicate with all the patients and with the co-workers and the sub-ordinates to get the information about the ***daily health records of the patients***. This will help them in the proper assessment of the diseases and likewise they can be able to start the treatment of their patients (Bury, 2011, p.12).

The communication with the patient is one of the crucial factors that need to be undertaken by the nursing Authority. It has been observed that in most of the cases, the families of the patients are stressful and so they need to be communicated with the nurses. At that point, of time, the nurse need to handle the situation of anger and the stress of the families and need to have the patience to hear all their problems and should have the capability to solve their problems. It will help in the proper treatment plans and will help in the ***quicker diagnosis***. The good communication with the patients will help in the formation of the ***proper reputation in the minds*** of the patients (Daniel, 2011, p.35).

The nurses have the unique level of expertise in order to influence the policy at all the levels of the govern net. According to the patient protection and *Affordable Care Act (PPACA)* many people have been receiving the protection and getting the better access of their primary and the preventive services. The policies highlight the fact that the nurses need to be given the proper training and the education in order to get the sustainable life and the environment. It is the responsibility of the nurses to treat the health of the patients periodically so that the quicker healing can be done and the patient can be able to recover soon. In most of the cases, it has been observed that the patients have been suffering from dementia. In those cases, the nurses need to make the proper use of the images and the videos so that they can be able to regain the past thoughts (Elter *et al.* 2014, p.35).

This will help them in recovering their memories. The good communication will also help in the proper practicing methods. It is to be seen that most of the communications made neither with the help of the body languages nor with the languages. This includes the proper body gestures, eye *contact and the proper way of behavior* with the clients. According to Kaspar *et al.* (2011, p, 89) the nursing component also helps in the proper teamwork, the proper assessment of the technologies for the well-being of the patients and in the same way for the maintenance of their reputation in the society. As per the *NHS and the Community Care Act 1990*, the social security payments need to b accessed by the nursing authorities properly so that the supplementary benefit can be accessed properly (Gibson and Lindberg, 2011, p.3).

### **Incident 2: Professional self-care strategies**

The module highlighted the fact that there has been occurred a lack of communication between Mrs. Gianopolis and the doctor to whom she was going regularly for checkups previously. From the case study, it has been observed that there was no proper medication order. It has been observed that the patient has been suffering from the lung disease that is *COPD (Chronic Obstructive Pulmonary Disease)*. From the document it has been observed that the doctor who have done the previous checkups of the patient are not professional at all as he fail to maintain the proper care strategies for the disease (Mohr, 2013,p.38).

The doctor has done the wrong treatment. Therefore, in this case, it is the responsibility of the nursing authority to see that whether the patients are aware of some of the viral, bacterial and the

parasitic diseases or not. The health care authority need to prescribe the bronchodilators for COPD and at the same time need to provide some of the antibiotics to the patient. Other treatments like the oxygen therapy need to be introduced so that the sufficient amount of oxygen can be given to the patients in order to meet the basic problems of the health of the concerned person. The lung volume reduction therapy also needed to be undertaken by the nursing authority, which includes the *CT scan, the breathing tests and some of the exercise tests*. The most effective professional treatment for COPD is to stop the smoking, which will help in the reduction of the lung diseases. The inhaled steroids need to be provided by the nursing authorities, which will help in the reduction of the inflammation of the airways. Some of the examples of the inhaled steroids are Flovent, Pulmicort (Simpson and Creehan, 2013, p.69).

Apart from all these factors, the nurses also need to be professional in the sense that they need to design the psycho-educational program me which will help in the reduction of the stress of the patients in every aspects. It will also help in the reduction of the emotional stress of the patients. Skidmore (2010, p.54) critically analyzes the fact that the nursing authority also needs to participate in some of the health care strategies and they need to maintain the proper connection with the other colleagues in the organization.

The nursing authority also needs to attend the workshops based on the modern nursing care practices, which will help them in the development of their professional practices. By this way, they can also be able to know the proper use of the modern techniques and the tools to reach the patients within a quicker period of time (Soffer, 2014, p.208).

The nursing authority also needs to maintain the healthy environment so that the clients whom they are serving can be able to feel comfortable while staying there. The nurses need to be given *the proper training on the professional basis* so that they can be able to take care of the patients properly and can be able to listen to their sufferings and the pains. The proper training to the nurses will also help them in the achievement of the best scenario and they can be able to work at the stringent conditions. This enhances the efficiency and the quality of the need of the patients in every aspect. It will help in the development of the professional practice and the self-assessment (Stonecypher and Willson, 2014, p.176).

### **Incident 3: Research**

The mission of the National Health care Policies as being implemented by the national and the local governments is to deliver the quality services to the patients and also to maintain the better communication with the patients and with their families in order to get the effective outcome. The nursing research is one of the important components and it helps in making some of the effective changes in the existing policies so that the better developmental programs can be undertaken (Toles and Anderson, 2011, p.25).

The nursing research is required in order to promote the current lifestyles and to protect the patients from the severe illness and the diseases. The nursing research need to adapt the holistic approach by *keeping an eye on the community as a whole*. With the help of the proper nursing research, the new changes can be made in the process of the *treatment and the therapies*, which will enhance the quality of the life of the patients. This will ultimately lead to the scientific progress of the authority which means the less harmful effects and more sustainable and the healthy environment (Williams, 2011, p.15).

The nursing research will be helpful in the process of the development, which will help in meeting the demand of the patients effectively and efficiently. The nursing research need to be made in order to bridge the gap between the actual performance and the performance that has been made in the reality. This will help in providing the proper delivery of the services and also in most of the cases , the internal environment need to be replaced with the integrated care and this will ultimately help in the fairness in the team work (Nhlbi.nih.gov,2015).

The people need to work together in order to get the outcome properly and it is the responsibility of the authority to see that whether the needs of the older people have been met or not. The proper research will also help in the improvement of the clinical nursing and the palliative care need to be enhanced properly. *The proper research will also help in bridging the gap between the patients and the nurses and between the co-workers and the management*. In the present scenario, the current issue, which has been observed, is that there have been occurring a communication gap and therefore in this case, the proper communication tools need to be enhanced in order to get the better responses from the patients.

In the recent module, the gaps have been identified by the nursing authority and in this case, it have been done in order to achieve the proper professional development and also in some of the cases , it helps in the nursing education sectors by properly utilizing the state and the national government policies (Brooksidepress.org,2015).

The research has been made in order to develop the electronic patient education and the communication such as the emails and the text messages so that the behavior of the patient can be recognized properly and the efficiency can be gathered by decreasing the costs of communication. The *research will also be required to be made in order to develop the disciplined way of communication* where the patients and the families of the patients not able to suffer from the stress and the harassments. In many cases, the nurse also need to develop some of the know ledges from the patients (Nhlbi.nih.gov, 2015).

### **Conclusion**

The entire chapter highlighted the fact that the nursing authority need to implement some of the affective communication strategies. In this case, the learner have developed the idea that the communication is very much important in every aspects and therefore the learner have learned that he have to develop some of the professional practices so that the best outcome can be achieved and by this way , the cultural aspects can be gained properly. The learner has understood the thing that she has to undertake some of the effective policies in relation to the healthcare services so that the better outcome can be achieved.

The learner has learned the basic principle of how to make the proper communication plans in order to interact with the patients and to know about their problems and the sufferings. By this way, the mentality and the behavior of the patients can be judged properly. After analyzing their behavior, they can be able to make the suitable changes in order to achieve the lone term goals. The learner need to understand that there are different mentality of the customers and in most of the cases, the patients not able to cope up with services and the conditions of the hospital and the health care services.

## Reference List

- Ackerman, N. (2014). Controlled Drugs in veterinary practices. *Veterinary Nursing Journal*, 29(4), pp.126-129.
- Beard, K. (2014). Strengthening diversity in nursing: The practices and preparedness of nursing faculty. *Journal of Nursing Education and Practice*, 4(11).
- Bury, M. (2011). Overhauling Health Practices. *AJN, American Journal of Nursing*, 111(7), p.12.
- Daniel, L. (2011). Advancing Safe Perinatal Care Practices. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 40, pp.S35-S35.
- Elter, P., Kennedy, H., Chesla, C. and Yimyam, S. (2014). Spiritual Healing Practices Among Rural Postpartum Thai Women. *Journal of Transcultural Nursing*.
- Gibson, P. and Lindberg, A. (2011). Physicians' Perceptions and Practices Regarding Patient Reports of Multiple Chemical Sensitivity. *ISRN Nursing*, 2011, pp.1-5.
- Kaspar, C., Debisette, A. and Vessey, J. (2011). *Annual review of nursing research*. New York, N.Y.: Springer Pub. Co.
- Mohr, W. (2013). *Psychiatric-mental health nursing*. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.
- Simpson, K. and Creehan, P. (2013). *Perinatal nursing*. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health.
- Skidmore-Roth, L. (2010). *Mosby's 2010 nursing drug reference*. St. Louis, Mo.: Mosby Elsevier.
- Soffer, A. (2014). Tracing detached and attached care practices in nursing education. *Nursing Philosophy*, 15(3), pp.201-210.
- Stonecypher, K. and Willson, P. (2014). Academic Policies and Practices to Deter Cheating in Nursing Education. *Nursing Education Perspectives*, 35(3), pp.167-179.



Toles, M. and Anderson, R. (2011). State of the science: Relationship-oriented management practices in nursing homes. *Nursing Outlook*, 59(4), pp.221-227.

Williams, J. (2011). Principles and practices of colostomy irrigation. *Gastrointestinal Nurs*, 9(9), pp.15-16.

**Websites:**

Brooksidepress.org,. (2015). *Section II. Communication Skills | Nursing Fundamentals I*. Retrieved 3 June 2015, from [http://brooksidepress.org/nursing\\_fundamentals\\_1/lessons/lesson-1-patient-relations/section-ii-communication-skills/](http://brooksidepress.org/nursing_fundamentals_1/lessons/lesson-1-patient-relations/section-ii-communication-skills/)

Nhlbi.nih.gov, (2015). *How Is COPD Treated? - NHLBI, NIH*. [online] Available at: <http://www.nhlbi.nih.gov/health/health-topics/topics/copd/treatment> [Accessed 27 May 2015].