Prioritization of complex health issues

Case study on Diabetes Mellitus type 2, Leg Ulcers, Depression

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Abstract

Diabetes has prevailed and is rising in tandem increasing with the growth in population rate. Most diabetics believe that nurses and physicians need to provide them with complete knowledge of the disease. Most even believe that a leading role has to be taken up by nurses in the treatment of diabetes by educating care as existing clinical and trials of observational clinical framework shown to determine the capability of the nurses in providing effective care at low costs (Adrian, 2000).

This assessment is based on the case study of Evelyn where she is facing the issue of Diabetes Mellitus. The assessment is based on the following structure:

- Most important nurse intervention towards the patient along with rationale for the choices
- Most important issues of health identified according to priority and providing the rationale for their order of selection
- Outlining the nurse role in addressing the priority health issues considered in relation to the case for coordinating care

Each of these aspects is studied with regard to regulatory frameworks of nursing and health departmental policies (Bentley, 2001).

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1. Introduction

Diabetes has prevailed and is rising in tandem increasing with the growth in population rate. Most diabetics believe that nurses and physicians need to provide them with complete knowledge of the disease. Most even believe that a leading role has to be taken up by nurses in the treatment of diabetes by educating care as existing clinical and trials of observational clinical framework shown to determine the capability of the nurses in providing effective care at low costs (Adrian, 2000).

This assessment is based on the case study of Evelyn where she is facing the issue of Diabetes Mellitus. The assessment is based on the following structure:

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Each of these aspects is studied with regard to regulatory frameworks of nursing and health departmental policies (Bentley, 2001).

2. Identifying Health Issues

The health issues identified in the case where a major role can be played by the nurse are Diabetes Mellitus for the past 2 years, Leg Ulcers and Depression. Each of these will be tackled differently by the nurse even though each of these may be interlinked.

In accordance to the study conducted by Aboldhasani et al, 2002, most individuals suffering from Diabetes mellitus face other sorts of problems along with the former being the major cause of concern. Most studies also reveal that often patients, family members prompt and indulge in

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the process of care adopted by nurses as evident in the case of Evelyn as well because they are not aware and do not have the complete knowledge of the disease (Bentley, 2001).

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These health issues have been determined keeping in mind the Nursing Diagnoses arranged by Gordon's Health Patterns. The proposed functional pattern of health served as a guide in establishing the nursing intervention in health issues addressed. There are 11 categories in the Health patterns, making possible to collect data in the approach in a systematic and standardized way and enable the nurses to determine the health aspects and functions of human. Under every pattern of health provided by Gordon is a consistent list of NANDA nursing diagnosis arranged within the set up of health patterns. The intention behind this approach is to assist the nurse in implementing the process of nursing (Benner, 2004).

With regard to the choice of these health issues, it is important to address that why these choices are important more than other issues that are also evidently identified in the case of Evelyn.

The health issues identified as important than the other identified issues are Diabetes Mellitus because it has persisted for 10 years and there are various other negative impacts of the disease in Evelyn, leg ulcers because it is an external disease which is evident and can be seen by the nurse especially when the nurse takes a step to intervene in order to fix it, as when the ulcers will slowly eliminate from the body of Evelyn, she will feel that she is getting better and then it is depression because if a person does not feel good then the body can never be healthy and so, Evelyn has to come out of her depression where the nurse can play an important role (Gerry, 2011).

3. Rational of Prioritization

1. **Diabetes Mellitus type 2**
2. **Leg Ulcers**
3. **Depression** (Field, 2004)

Steps will be taken to deal with the health issues in the intensity to which they persist with Evelyn.

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This is because, firstly, it is seen that there is family prompt in whatever Evelyn eats. When Evelyn says that she does not like the hospital food, her husband brings her food from outside. Therefore, the disease seems to persist even though her treatment is consistent and continuous. In order to intervene into the prevention of Diabetes Mellitus Type 2, her food habits would have to be changed by telling her family and Evelyn as well about the complete issues that she has. Enlightenment into the realms of the disease will help not only Evelyn but also her family members especially her husband in understanding the factors that have to be prevented while the treatment is going on. In addition, diabetes Mellitus 2 has persisted in Evelyn's body since the past10 years because of which impact of the disease has been seen with regard to development of other problems such as depression. As the disease is linked to other diseases that follow, therefore, the priority is the treatment of this health issue first in which a nurse has a major role to play (Hoffman, 2003).

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Leg ulcers on the other hand, are debilitating and chronic conditions leading towards morbidity especially in older age groups. If the leg ulcers persist, they develop into chronic conditions that establish the exact prevalence of leg ulceration. Most leg ulcers are caused because of hypertension with venous insufficiency but this factor is not limited. Moreover, leg ulcers have a long term sustainable prevention and nurses play an important role in undertaking the management of the same health issue (Sarkar, 2010).

However, while treating the leg ulcers, nurses will deal with the following and assessment guidelines for nurses will include the following to be explored:

- **Understanding the unique social factors, concerns and experiences of Evelyn**
- **Understanding the experience of pain** (Kiara, 2003)
- **Thorough clinical history inclusive of other diseases present**
- **Assessment of nutrition**
- **Examining physically**
- **Investigating relevantly into peripheral vascular assessment, blood pressure, blood glucose levels, weight and urine analysis**

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In treating the leg ulcers, after the first health issue addressed and investigating on the above mentioned elements, nurse will also be able to determine that where her treatment stands and how successful her intervention is (Adrian, 2000).

Thirdly, the health issue of depression will be dealt with. Depression is a major public health issue impacting patients on the social and economic level. It is that chronic condition in primary care that exceeds asthma rates, diabetes and hypertension. In order to deal with depression, nurses have to intervene at the primary level. The complete process of people having depression has to be enhanced and according to National Health Service survey, depicts that the practice of dealing with depression has to be managed with treating diabetes. Evelyn is suffering from depression since long and may be it is this chronic condition which has led her to trigger other problems in her body. Also, if Evelyn does not feel better mentally then she will not be able to fight her physical problems. When diabetes as the first health issue is treated and the second health issue of leg ulcers is approached by the nurse, Evelyn will gain self confidence and a lighted hope that her problems are getting cured. This would in turn help in dealing with Depression and other health issues identified in the case of Evelyn regarded as less important because the trigger of her physical health to deteriorate were these primarily chronic health issues as addresses in the order and in accordance to Gordon's functional health patterns (Field, 2004).

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4 Role of nurse

4.1 Diabetes Mellitus type 2

It seems that Evelyn and her family has a lot to learn. The nurse firstly has to let Evelyn and her family to have complete knowledge on the disease as the disease also has other risk factors such as Obesity associated with it.

1. Teaching to manage weight control by regular exercise
2. Administering prescribed medications
3. Monitoring blood glucose levels regularly
4. Recognizing complications
5. Assessment (Health history, evaluation, monitoring)

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6. Planning and Implementation (consulting, care plan, reviewing, monitoring, treating hypoglycemia and rechecking glucose levels every 15 minutes)
7. Evaluating (self care practices, stating signs and symptoms of complication, verbalizing post discharge) (Hoffman, 2003)

4.2 Leg ulcers

Accurate determination of aetiology is important and it is essential to monitor the progress as well. Assessment tools have to be used by the nurse for this health issue implementing the need to make the tool valid, reliable, detect changes, appropriate setting of care and using compression therapy that provides a sustainable solution of the problem (Sarkar, 2010).

4.3 Depression

The key element in dealing with this chronic condition of the mind is by providing such nurses to Evelyn who has dedication of time to manage the patient aided with whole practiced work. This can result in very positive outcomes if the nurse meets the aims set for her. The role of the nurse in accordance to regulatory frameworks in depression is to provide primary care inclusive of the following:

1. Planning on the basis of evidence of care and intervening on the basis of referral process, developing care pathway, process of assessment, reviewing, following-up, assessment of risk and risk management
2. De stigmatizing and normalizing the health issue of depression with the help of chronic disease management model
3. Ensuring that Evelyn identifies the nurse as practice nurse to ensure complete faith in her care taker
4. Management of case involving responsibilities to monitor and actively follow up by care continuance and accuracy (Briggs, 2003)

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Criterion	Levels of achievement		
	Exemplary	**Good**	**Poor**
Writing style and presentation are clear			
• Title	Title is concise and informative so readers can anticipate the contents of the contribution and interested people look forward to reading it.	The title gives a general indication of the material covered in the contribution, but have to read the document to fully appreciate what is covered. Some potential readers may be lost because they can't clearly anticipate the material covered by reading the title.	The linkage between the title and the text is not clear. Reader may skip the contribution because they don't appreciate its relevance.
• Introduction	Introductory statement clearly indicates the main purpose of the contribution and suggests the plan of organization, so the reader can anticipate the text that will follow.	Introductory statement indicates the main purpose of the contribution in general terms, so the reader has some idea of what will follow.	The introduction does not give an overview of the contribution so the readers are not sure what to expect as they read the text.
• Main Body	Main body of contribution makes connected points that clearly build the argument so the text flows from introduction to conclusion in a logical manner, thereby helping the reader to follow the thinking behind the text.	The main body presents a number of points that allow the reader to understand the argument, but lapses in the writing may force the reader to make some connections between the parts.	The text is not well structured so the reader must stop reading at times to try to makes sense of the text.
• Conclusion	The main point of the contribution is clearly indicated and reinforced so the reader can clearly remember it.	The main point of the contribution is indicated, but may be stated in an unconvincing manner.	The concluding section does not reinforce or revisit the main point so the reader is unsure about it and likely to misinterpret or forget it.
• Written expression	Sentences and paragraphs are well structured and clear so the reader can focus on what is written. Each paragraph has a topic sentence that indicates the subject matter.	Minor lapses in sentence structure, such as run-on sentences and unnecessarily complex sentence structures, force the reader to pause and reflect on the meaning of the text. Paragraphs present a complete argument, but may not flow so well.	Many sentences are poorly structured so the reader must stop often to reflect on the meaning of the text. Many paragraphs lack topic sentences or have poor flow so the main points and linkages among explanatory text are not clear.
• Grammar, punctuation and spelling	Grammar, spelling and punctuation are flawless, which allows the reader to focus on the	Some minor errors in grammar, spelling and/or punctuation detract from the quality of the text, but do not impair the	Many errors in grammar, spelling and/or punctuation make reading

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	message.	communication.	the text difficult and communication is impaired.
Concepts and arguments are well developed			
• Accuracy	All information is accurately reported using appropriate terminology so the information is reliable.	The information is largely accurate but imprecise language could lead a reader to misinterpret aspects of the text.	Although the gist of the information is correct, there are problems with the interpretation of it. A reader can be misled by the text.
• Relevance	Connections between the contribution and the main topic of the discussion are clearly indicated.	Connections between the contribution and the main topic of the discussion are indicated or implied, but the reader needs to pause to clarify those connections.	Although the text is relevant, this is not clearly indicated, so the reader must guess how the text relates to the main topic.
• Significance	The reason why the contribution is important to the overall discussion is clearly described and discussed so the reader takes the contribution seriously.	The reason why the contribution is important is touched on but not elucidated, so the reader must make some interpretations about the author's view of the contribution's significance.	The contribution may include significant material but this is not indicated, so the reader must guess it.
• Clarity	The main points and new technical terms are clearly described and/or explained so the reader is left with no ambiguity about what was written.	Although the text is clear to informed audiences, unexplained points may leave room for alternative interpretations of the text.	Key points and new technical terms are not explained so the reader is confused.
• Independence	The contribution is completely self-contained so the reader does not have to read other contributions or published materials to understand what was written about.	The text is sufficiently clear that the reader can understand the main point without further reading, but some parts of the text are not clear without consulting earlier contributions or other sources of information.	The text is written in a manner that presumes considerable prior knowledge, so the reader must have a thorough knowledge of what has been written about the subject in order to understand the main point of the contribution.
Contribution is responsive to another contribution	The writer links ideas submitted by others to their own contribution in a manner that substantially strengthens the group's efforts to resolve the main problem. This linkage can include elaboration of what was previously written, a critique or questioning of it, demonstration of linkages among	The writer makes references to earlier works that are a starting point for new ideas but, apart from the reference to the earlier work, not much information is incorporated	The text mentions other contributions but neither explains the reference nor substantially adds to it, so there is no clear benefit to the resolution of the main problem from citing the earlier contribution.

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	two or more earlier contributions, and/or utilization of an earlier contribution as a foundation to build your own.		
Text is supported by references			
• Sources indicated	All information and ideas that are not commonly know are supported with references to sources, so the reader has confidence that the information is not based on hearsay or the writer's opinion or assumptions alone.	Most sources are indicated, but in only a few cases the sources are not given or are ambiguous, so the reader has to check some of the sources.	Sources are cited for some specific parts of the contribution, but no references are supplied for information and ideas that are clearly not the author's, so the reader has no idea of the validity and authority of the information.
• Relevant references	Information, concepts and opinions are supported with references to published literature, especially primary (original) sources of information, rather than review articles or textbooks. This allows the reader to independently review the cited sources. More than one reference is cited to support key points, which adds strength and authority to the argument.	One or a few references are used to support the text. Thus the contribution is supported but this may be an idiosyncratic source. Some general references to textbooks are made that could have been replaced by primary references which are more thorough and authoritative.	Information comes from Web sites or other sources that have no recognized authority, so the validity or strength of the source is unknown.
• Citation style	References cited appropriately in the text, and the correct format is used in the text when citing information, so the reader clearly knows which information is attributable to which source.	Minor lapses in citation format do not prevent the reader from finding the sources in the reference list at the end of the contribution.	Citation format incorrect or poorly placed in the text, so citations distract from reading.
• Bibliographic information	The reference list contains complete bibliographic information (author's name(s), publication date, title, source, date web page accessed), so a reader can easily find the references for their own research. The authority of sources can be evaluated by checking them.	Bibliographic information largely complete, but some information missing so the reader may have difficulty finding some references. Most sources can still be easily checked.	Not all references are listed, information in the reference list is incorrect, or important information is missing from the reference list, so the reader is unable to find the same sources of information and the authority of sources is almost entirely unknown.

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Faculty Comments:

A high quality work indeed. Other than a few points, which don't have elucidations related to them, all aspects are smooth and very much to be graded on merit.

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