

## **ASSESSMENT 1: CARE PLANNING**

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## **Introduction**

Care planning helps the individuals to take care of their health problems by making specific plans. Care plan flows from the patient's need of the diagnosis. Along with this, care planning is a means of communicating and organizing the actions of the taking care of the health of the patients. The aim of the study is to recover the health problems of the aged care seeker named Amalie. In the study, the brief description of the patient suffering from the health problems due to the stage of aged has been given. Moreover, the history of the health problems of the patient which is causing the risk of the health in the present time has been analysed. Apart from this, the problems that the care seeker has been facing due to the health problems have been illustrated and the implication of the Miller's Functional Consequences Theory has been shown. Further, care seekers have been given nursing interventions to improve the health condition. Moreover, application of the Levett-Jones' Clinical Reasoning Cycle has been presented and over this the SMART tool has been analysed. In addition to this, the reflection and personal view over the improvement of the health condition has been recommended in the study.

## **Discussion**

### **Brief description of the patient**

Mrs. Amalie is an 89 year's old aged patient who has been suffering from various health problems. She has been slowly deteriorating over the last two years and further developed a dry macular degeneration due to which she has to give up driving. Moreover, Amalie has the difficulty in moving due to the significant problems with the rheumatoid and osteoarthritis. Apart from this she has been suffering from many other health problems including joint stiffness, swollen feet and enlarged joints, joints pain, constipation, vision deficit, limited joint movement and others.

### **Past information of the patient**

Amalie had a medical history of arthritis, hypothyroidism and macular degeneration. Moreover, few years back she has been suffering from the slow deterioration and mobility. Due to this reason she left the travelling around the world and volunteering at the local St Vincent de Paul shop. Above this, due to the severe health problems,

Amalie left the activities that she used to do that organization the fundraising activities in the Catholic Church. Then, she had to leave driving due to the dry macular degeneration and further she also got disconnected with her friends due to the problem of rheumatoid and osteoarthritis.

### **Prediction of an outcome of the data**

It has been found in the case study that, Amalie has been suffering from rheumatoid arthritis and osteoarthritis. From the case study it has been found that, she remains at home and do not carry on any kind of physical activities, which direct towards the sedentary lifestyle. From the study of Mignani *et al.* (2017), it has been found that 20% of the patients suffer from the swollen feet and enlarged joints especially in the morning or prolonged periods of inactivity. They also suffer from this health problems due to the inflammation in the tissue that produces the lubrication fluid for the joints. In that case, it can be predicted that, Amalie is also suffering from the problem of swollen feet and joint pains which is related to the rheumatoid arthritis (based on the view of Lovell and Yates, 2014). Perhaps, she should use the steroid medications injected in the joints or use the arch supports, canes or braces to support the joints. Apart from this, Amalie should do some physical movements so that her joints did not get stiffed.

### **Identification of the problem**

#### **Miller's Functional Consequences Theory**

As per the view of Houben *et al.* (2014), it can be stated that, the functional consequences theory developed by Miller signifies that people regimens improvement of their life and health through the integration. They understand the notion that physical health is affected by the state of mind. Furthermore, the theory states that, it is the responsibility of the regent logic nurse to identify the root causes of the negative functional consequences. Then, they should initiate the proper interventions that will result in the positive changes (influenced by Silveira, Wiitala & Piette, 2014). In the case of Amalie, the regent logic nurse should identified that she has been suffering from ample of problems in which the rheumatoid arthritis, hypothyroidism and macular degeneration are severe which is related to all other health problems including the swollen feet, joints pain, constipation and others. From the root cause of problems, the

medications including Slow release Paracetamol 665 mg tablet, Thyroxine 150 mcg daily. Hydroxychloroquine 200mg has been given to Amalie (from the case study).

### **Changes occur in the body due to ageing**

According to Butler *et al.* (2014), as people starts to enter in the age of 60 and above, they start to feel changes in their body. They suffers from the heart disease, pain in the joints, muscles and bones, problem in the functioning of the digestive system and kidney, brain and nervous system. As people become aged, their bones shrink in size and density and their muscles, tendons and joints loses the strength and flexibility. Apart from this, Morton *et al.* (2017) stated in the study that, they suffer from the vision problems due to which they are unable to see in the low-light conditions and the colors may also perceived differently. Similarly, in the case of Amalie, she has been facing the health problems due to the ageing. She has developed the dry macular degeneration which forced her to leave driving as she was unable to move. She has also been suffering from rheumatoid and osteoarthritis due to which she has difficulty in moving because of her ageing and she avoids to do physical activities. Along with this, she has many other health problems which are joints pain, constipation, vision deficit, joints stiffness, swollen feet and enlarged joints (based on the study of Myers *et al.* 2017).

- Risk factors**

As per the case study, Amalie has been suffering from the rheumatoid arthritis due to which she has to face the risks of health problems. As opined by Dixon, Matosevic & Knapp (2015), the rheumatoid causes the bone thinning which increases the risks of the fracturing of the bones. Additionally, due to the pain in the joints, people avoid to do any physical activities. Similarly, Amalie left the activities of organization the fundraising in the Catholic Church and moreover, she left driving. This is because, she was unable to walk or move properly (from the study of Miller, 2018). Apart from this, she has been suffering from the macular degeneration due to which she has vision deficit. Older aged people suffering from the macular degeneration have the risk of light-colored irises, farsightedness and high level of the C-reactive protein (Macular.org, 2018). In the case of Amalie, it has been found that, she has been suffering from the same disease which can cause risk in her eyes and internal body problems due to lack of proper protein.

## **Explaining the priority of the nursing care and discussing the 4 steps in the Clinical Reasoning Cycle**

### **Priorities of the nursing care**

#### **Identify the needs of the patients**

According to Cabrera *et al.* (2015), it is the prior work of the nurses to identify the basic need of the nurse and then guide them for the treatment and medication. From the case study analysis, it has been found that, Amalie from past years suffering from the hypothyroidism, macular degeneration and osteoarthritis. In that case, the nurse should cure her diseases first then others. Along with this, the next priority of the nursing care is to maintain the confidentiality of the treatment and diagnosis of the patients. In the case of Amalie, it has been found that, her daughter and son regularly visit her to see her. Hence, the nurse must not reveal the private treatment and diagnosis of Amalie without her permission as this will lead to breach of confidentiality.

### **Levett-Jones' Clinical Reasoning Cycle**

According to Morilla-Herrera *et al.* (2016), the clinical reasoning cycle mentions that, the circle shows that clinical nature of the clinical interventions and the importance of the evaluation and reflection. The clinical reasoning cycle describes the following:

#### **Consider the patient's situation**

Nurse taking care of Amalie should focus on considering her present situation due to her diseases and poor health conditions.

#### **Collection of the information**

Nurse should collect the present information related to the condition of the health of Amalie. Along with this, they should also gather the information of any past health problems (based on the study of Edvardsson *et al.* 2014).

#### **Process the information**

After gathering the data about the health issues of Amalie, nurse should relate and infer the health condition that Amalie had before. Then, the nurse should give prediction of the health problems.

#### **Identification of the problem**

The nurse should identify and synthesize the facts of the health condition of Amalie and interference to make the diagnosis and provide treatment.

## Establishing the goals to improve the health issue of the patient

### SMART

#### Goals for the Hypothyroidism, macular degeneration and arthritis nursing interventions

SMART goals for the Hypothyroidism, macular degeneration and arthritis nursing interventions have been taken that are based on the factors of the monitoring the heart rate and rhythm, administering the thyroid replacement and instructing the clients about the thyroid replacement therapy. Apart from this, encouraging the patients to visit to ophthalmologist at least yearly and then in arthritis nursing intervention, encourage the patient to use the stress management techniques such as progressive relaxation and provide the therapeutic touch.

Categories	Hypothyroidism, macular degeneration and arthritis
Specific	It helps to monitor the signs carefully that is blood pressure, pulse and body temperature. Further,in the arthritis, it helps to encourage the patient to involve in the diversional activities. Then, in the macular degeneration, the intervention helps to provide the lightning that helps to avoid the glare of the surfaces.
Measurable	Measure the neck circumstances regularly to check the thyroid glycosuria.
Achievable	The goal can be achieved by evaluating the serum electrolyte levels and check the hyperglycemia and glycosuria
Relevant	This intervention is relevant as it will help the patient to correct the metabolic derangements.
Time bound	4 to 6 weeks

**Table 1: SMART goals for Hypothyroidism macular degeneration and arthritis nursing interventions**

(Source: influenced by Mozley, 2017, p.78)

### **Taking the action or presenting the nursing intervention**

As per the case study, Amalie has been suffering from the Hypothyroidism disease. In that case, she needs to take medication at the same time every day in empty stomach. Then, the nurse should monitor the T3, T4 and TSH levels to determine the effectiveness of the pharmacotherapy (based on the view of Mozley, 2017). Moreover, Amalie has also been suffering from the macular degeneration in which she had to face the problem of vision deficit. For this, she should be encouraged to see the ophthalmologist at least with the gap of a year for monitoring the progressiveness of the vision loss or complications (with the reference to the study of Edvardsson, Sandman & Borell, 2014).

### **Reflection**

#### **What have been learnt from the process and personal views are described for improving the health**

From the process of the Clinical Reasoning Cycle, I have learnt that, before making any kind of decision by just seeing the symptoms of the health problem, I should have asked Amalie about her past experiences of the health problems as it would have helped me to provide her better intervention. Perhaps, from the next time, I will gather the overall information about the health problem of the patients and then prefer her specific diagnosis and treatment to improve her health.

If I had more knowledge of osteoarthritis, hypothyroidism and macular degeneration, then I would have understood the impact of the diseases on the life of Amalie. However, now I understood the effects and impacts of the diseases such as, in the hypothyroidism, the thyroid glands are not able to make the enough thyroid hormone due to which the neck swells (influenced by Poyer *et al.* 2014).

### **Conclusion**

From the above study, it has been found that, with the arrival of the older age, people starts to suffer from the various health problems due to which they have to spend their time without doing any kind of activities. Moreover, from the case study it has been analysed that, after the age of 60 and above, the symptoms of swollen joints, pain in the

joints, arthritis, macular degeneration and so on starts to occur. Furthermore, people start to feel lazy and spent their most of the time in sitting in the home as their bones and limbs weaken. Apart from this, the application of the Miller's Functional Consequences theory has been shown which simplifies that, the nurses finds the symptoms of health problems in the patient on the basis of their ages. Additionally, nurses differentiate between the normal age related problems and older aged related problems and then provide them care.

Besides this, the risks of far sight, protein reaction and inflammation of the tissues are found in the aged people. Further, the priorities of the nursing care have been identified and the proper nursing interventions have been provided to the patients. Then, the SMART goals on the basis of the implication of Levett-Jones' Clinical Reasoning Cycle has been made for the improvement of the health of the care seekers. Above that, it can be mentioned that, the care planning helps the individuals to get the proper nursing care from the nurses and try to improve their health condition.

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