

Phase 5: Developing a care plan

Student name

Institution affiliated

Date

Medical diagnosis: Asthma

Nursing diagnosis

Inflammation of the airways which makes them more sensitive and narrower than usual, making it harder to breathe. The airways may become more inflamed after reacting to various triggers and muscles tighten. This results to shortness of breath, coughing, wheezing and chest tightness (Patterson A. V. et al, 2008).

Assessment

Health risks

- Tobacco smoke
- Infections like flu and colds
- Having a family history of asthma.
- Underlying allergic condition
- Strenuous Exercise
- Being overweight
- Exposure to exhaust fumes.

Desired outcomes

- For the patient to know how to use an asthma inhaler in case of an attack.
- For the patient to be aware of their triggers.
- Making breathing easier.

Interventions

1. Educate the patient on their triggers

This ensures that the patient is aware of the substances that may cause them to have an asthmatic attack. The patient therefore should avoid anything that could trigger an attack.

2. Ensure the patients' bed is elevated

This encourages lung expansion which assists in breathing (Patterson A.V, 2008).

3. Breathing treatments and medication therapy.

Includes

- a) Inhaled corticosteroids such as fluticasone to works as anti-inflammatory, which opens airways.
 - b) Administration of short acting beta-Agonists e.g. albuterol which relax the muscle lining that carries air to the lungs.
 - c) Anticholinergics e.g. ipratropium to relax bronchospasms.
4. Check pulse oximetry, if saturation is less than 90% apply oxygen.

It's a measure to ensure the patient is comfortable and it's also physiologically helpful.

5. Respiratory rhythm, rate and depth assessment

Changes in respiratory rate is an indicator of early sign of respiratory distress (Lemaske, R. F. et al, 2010).

6. Dyspenia assessment

It's an indicator of respiratory distress.

Disasters

If one does not get the care and treatment required for asthma, they may experience cases of inability to speak and develop a bluish coloring around the lips and without immediate

treatment one may lose consciousness (Lemaske R. et al, 2010). One may be faced by a lot of danger during this state such as road accidents if one was driving or walking down the streets.

In the event of an asthmatic attack, the muscles in the airway tighten, the lining gets swollen and make thicker and more mucus which makes it harder to breathe and eventually the patients dies (Andrew Harver. et al, 2010)).

Disaster management

The patient should always carry an inhaler with them, in case of an asthma attack.

One should follow the treatment schedules as required by the physician, so as to keep the condition under control.

Medical diagnosis: Diabetes

Nursing diagnosis

It occurs when the body can't properly use and store sugar which causes sugar build-up in the bloodstream. This results hyperglycemia (high blood sugar) which in turn causes fatigue, frequent urination, slow healing of wounds, frequent thirst and hunger and loss of weight in some cases (American diabetes association, 2014).

Assessment

Health risks

- Inactivity (lack of exercise)
- Poor diet
- Poor health behavior

- Being overweight or obese

Desired outcome

Reduced sugar level.

Intervention

1. Educate the patient on how to administer insulin- this helps in making sure that the patient doesn't always need a doctor for insulin administration.
2. Blood sugar monitoring- teaching the patient on the need to monitor their blood glucose and that they need to call their physician if they have blood glucose levels higher than their target.
3. Encourage regular exercises and maintenance of a healthy weight- weight check and exercise help manage or even reverse diabetes.
4. Emphasize on nutritional changes – dietary intake of a diabetic patient is very crucial for their survival. Avoiding sugary food and eating a lot of vitamins regulates the blood sugar and thus helps manage diabetes(American Diabetes Association 2013).
5. Blood pressure monitoring – keeps the patient within the acceptable blood pressure range to avoid further complications.

Disasters

Amputation of feet, toes or legs, due to loss of nerve ending sensitivity (Brownlee M, et al. 2011).

Heart attack or stroke. A diabetic person is at a greater risk for heart attack (including silent undetected attacks), stroke or death from cardiovascular cause (Bax J, et al. 2007)

Eye problems such as cataracts, glaucoma and retinopathy.

Disaster management

Increasing time set for physical activities so as to prevent cardiovascular diseases (Bax J, et al. 2007)

Regulating sugar levels in the body by keeping a healthy diet and healthy lifestyle.

Ensuring one is regularly examined by a physician.

References

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