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by Chief Chief

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Arguably, several factors would significantly influence my communication with my patient. For instance, it is imperative to understand that factors associated with the patient's age, ethnic disparities and the patient's current medical condition would form the primary basis of my engagement with her. Notably, the following factors would be regarded as major points of references while addressing this particular case scenario; inadequate medical care education as evidenced in the patient's inability to remember all her daily medications, lack of compliance to medical care plans, associated healthcare disparities, and the patient's aggravating condition. Even though these factors can be considered as challenges affecting my patient, Ms EB, they represent very important tenets that would significantly influence our interaction.

Evidence drawn from a plethora of past research indicates that the healthcare system in the United States is largely affected by the divisions of race and ethnicity (Hansen *et al.*, 2016). In this view, it is essential to understand that these inherent disparities in the healthcare sector have consequently resulted in the lack of trust particularly among the ethnic minorities in the US. It is argued that the lack of cultural competence among a majority of the American healthcare workers is the primary cause of the developing mistrust among the patients from the minority communities. Admittedly, this has resulted in higher incidences of non-compliance as depicted in the presented scenario. A study by Wannasirikul *et al.* noted that higher incidences of non-compliance negatively impact the clinical outcomes of the patients. In my situation, the direct negative impact on my patient is the soaring BP levels. Additionally, as suggested in a study by Wannasirikul *et al.* (2016) communicative health literacy is usually important for older patients since this enables them to gain a greater understanding regarding their current medical conditions, and the need to maintain medical compliance.

Ideally, the main reason behind the soaring BP levels and the worsening vision is the lower compliance scores presented by my patient. In essence, these observations are in line with the findings of Pettey *et al.* (2016) who observed that communicative health literacy significantly improved the compliance levels for patients with HIV/AIDS.

Questions

As a nurse practitioner, meeting and interacting with this patient remains to be one of my primary goals. My set of questions would help me in understanding her thoughts, concerns and even opinions. Believably, these questions would also help in empowering her to make the best decision as she continues with her medication.

1. What is your understanding of hypertension?
2. How do you feel when your blood pressure is elevated?
3. What is your understanding of these medications that you have been given to manage your condition?
4. Each time you take these medications, how does your body react?
5. Do you trust the providers of these medications, or is there any other information you might want me to know that makes you not take these drugs as recommended?

References

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