

Application of Patient & Family Educational Process Case Study

Brief Patient History

Mr. R is a 38-year-old African American man admitted to the critical care unit 2 days ago. The following history was obtained by the nurse:

- Pack history of 40. "I have smoked two packs of cigarettes a day for the past 20 years."
- "I drink two six-packs of beer every weekend."
- Father died of a stroke at age 54 years.
- Mother is alive but has a history of diabetes and heart disease.
- Diagnosed with hypertension 2 or 5 years ago; cannot recall the exact date.
- "I only take my blood pressure medication when I am stressed and have a headache because these medications make me feel bad. I also would rather spend my money on other things."
- High school education

Clinical Assessment

Mr. R initially presented to the critical care unit with a blood pressure (BP) of 220/160 mm Hg and a severe headache, nausea, blurred vision, and confusion. Mr. R was initially started on a sodium nitroprusside (Nipride) infusion and then stabilized. Mr. R was transferred to the step-down unit yesterday on a 1.5-g sodium diet and the following medications: hydrochlorothiazide (HydroDIURIL), carvedilol (Coreg), and lisinopril (Zestril).

Diagnostic Procedures

- Ejection fraction of 45%
- Serum creatinine, 1.8 mg/dL; urinalysis: protein, 20 mg/dL
- Retinopathy

Medical Diagnosis

- Hypertensive crisis resulting from noncompliance
- Primary (essential) hypertension
- Renal insufficiency

Assignment Directions:

Apply the components of the educational process you learned from your readings to the patient scenario in preparation for the patient's eventual discharge from the hospital.

1. Assessment (Identify the gaps in knowledge)
 - a. Age-specific consideration
 - b. Learning needs and health literacy
 - c. Physiological and psychological factors
2. Development of Educational Plan
 - a. Determine what needs to be taught
 - b. Research evidence-based national guidelines or standards that can be used in the development of an evidenced-based plan for education.
3. Implementation
 - a. Environmental considerations
 - b. Appropriate teaching strategies for this patient
4. Evaluation
 - a. How would you determine that learning has occurred?
5. Documentation
 - a. Discuss the importance of documenting patient education in relation to regulatory agency requirements and financial repercussion for the health care institution if documentation is not completed.