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*by* Somo Somo

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### Introduction

Purulent drainage of a wound involves a condition whereby after going through an operation, the wound that remains starts discharging some fluids from the wound. The condition may occur because of several factors. For example, the surgeon left a foreign substance in the body of the patient after surgery. Additionally, the wound may be infected by other bacterial infections causing purulent drainage from the wound. This report will base its argument on the case study provided and provide the overview of the disease and the lab abnormalities that the health professional expects from the various tests carried out on the patient. The report will also discuss the effect of this disease on the ability of the health professional to provide care to the patient and how patients can take care of themselves. The report will include Maslow's hierarchy of needs <sup>1</sup> application of Orem's theory of self-care. The report will finalize by providing strategies for self-care to the patient and the interdisciplinary collaboration to be included in the health care and other implications such as nutrients needed by the patient and finance requirements.

### Lab abnormalities

Health care should examine the incision and carry out various tests on the discharge of the wound. One of the most common issues the nurse should examine is the discharge color that is coming from the wound. This will help discover the cause of purulent drainage. Further, the nurse should carry out a blood test to investigate pathogens in the patient's body (Bongiorni et al., 2018). The health professional should also examine the odor and thickness of the fluid discharged from the wound. The examination of the odor will facilitate the identification of microorganisms causing the infection on the wound. The nurse should also examine the color of the fluid discharged. However, the patient has a positive blood culture by considering the cardiologist report. Having a positive blood culture means that the patient's blood contains a

pathogen that may cause purulent discharge and, hence, the incision's inability to heal after coronary artery bypass graft.

### **Diagnostics expected**

After carrying out the Coronary Artery Bypass Graft, there is a left wound which, in this case, the patient developed purulent drainage. This condition is mostly known as a condition where there are some fluids like discharge coming from a wound. In most cases, purulent drainage is associated with the discharge of a milky-like fluid from the wound (Borji, Otaghi, & Kazembeigi, 2017). In this case, the patient is expected to release a milky-like fluid from the wound. The second sign that is expected is that the fluid released from the wound would be thick. Emission of a thick milky-like fluid from a wound is one of the most common symptoms of the purulent wound. One of the major causes of the purulent wound includes bacterial infections. From the case study above, it is clear from the cardiologist's report that the patient's blood has a positive culture (Einstein, Addams, & Roosevelt, 2016). This means that there is the presence of harmful pathogens in the patient's blood, hence causing purulent drainage in the patient's body.

The major causes of purulent drainage are bacterial infection of the wound. In this case, there are higher chances of bacterial infection of the wound since the cardiologist report shows that the patient blood has a positive culture (Hale, 2019). This may be the major cause of purulent drainage. Infection of the wound causes the body to produce antibodies to fight the infection in the process; there is a discharge of a milky-like fluid from the wound.

Secondly, the depth of the wound may be another cause of purulent drainage on the patient. The case study given shows that the patient is in the post-CABG stage. This shows that

the patient underwent a heart operation (Hopper,2020). This resulted in the development of a deep wound hence causing purulent discharge by the patient. During the operation, there is a possibility of entry of germs or bacterial infections in the body hence causing purulent drainage. The patient is expected to experience pain in the wounded area.

Additionally, the patient's age may be one-factor causing purulent drainage (John, Schwartz & Janniger, 2018). The case study shows that the patient is fifty-eight years old enough to experience the disorder after the surgery. The recommended medication for this disease is taking the antibiotic to kill the germs that might have infected the wound and keep the wound moist to facilitate the healing process.

#### Implications for self-care

Coronary disease has various impacts on the individual self-care program of the patient. The patient's financial condition is one of the major factors that affect the effectiveness of the self-care program. In the case study above, a patient is a man who has undergone a coronary artery bypass graft operation and faces some financial constraints that prevent the effectiveness of the self-care program(MAHMOUDZADEH, Raiesifar & Ebadi, 2016). The disease affects the implementation of strategies put forward by the patient to manage the disease. A self-care program is a set of principles or strategies put forward by the patient with the assistance of the health care professionals to manage and prevent a certain disease(Barnes, 2018). The self-care program is usually initiated to help the patient recover from the disease and avoid future recurrence of the disease. A self-care program can be challenging to some patients, especially those that have undergone operations. In this case, the patient is assisted by a health professional in managing and preventing the disease. The impact of the disease on the self-care program of the patient mostly affects the way the patient takes the diet.

The adoption of the Maslow hierarchy of needs helps in the development of an effective self-care program. The patient needs to consider various needs in the prevention and management of the disease. In this case, the patient needs to consider various needs required to be satisfied to effectively manage and fully recover from coronary artery disease (Miller et al., 2018). When formulating the self-care program, the patient should adhere to the hierarchy of Maslow. Maslow provides that the patient should first consider satisfying the physiological needs first. In this case, the patient should ensure that he maintains good health. This includes the development of procedures such as maintain a healthy diet, exercising, and taking the proper medication to facilitate a full recovery.

The second need provided by Maslow is ensuring once safety. In this case, when developing the self-care program, the patient or the health care professional should consider the safety health of the patient (Savastano et al., 2017). The patient should adhere to the medication recommended by the doctor to facilitate the recovery and prevention of the disease.

The third need includes the level and belonging needs. When developing a self-care program, the health care professional should incorporate love to the patient. The program should provide the patient with the emotional and family love that the patient requires to facilitate a quick recovery.

Self-esteem needs include the fourth needs; this needs state that the health care professional should put up measures that inspire confidence in the patients and, in this case, the coronary disease patients (Tewahido & Berhane, 2017). Finally, self-actualization needs are essential in developing a self-care program. This need marks the final step of the self-care program where the patient resumes his or her daily activities. The patient should learn a new skill, such as cycling a bicycle.

Additionally, there is an application of Orem self-care theory to facilitate an effective health care program. The theory involves applying three theory elements: universal, developmental, and health deviation self-care fundamentals. This theory requires the assessment of the nurse to the patient. This theory is most suitable for the patient in the case study because the nurse will assess the recovery and provide medical assistance. The nursing care provided helps to examine whether the self-care goals are attained. In our case, the patient suffers from financial constraints, making it hard for the patient to assess him regularly.

### **Educational strategies**

Based on the above implications, the patient needs to include Maslow's self-care needs and Orem's self-care theory. The patient should ensure that he satisfies the safety and physiological and other needs according to the order provided by Maslow. In this, the patient should ensure he complies with the medication provided by the nurse. Similarly, the patient should regularly visit the nurse for checkups to facilitate management and recovery. Orem's self-care theory application help to assess the patient's performance about managing the problem (Afrasiabifar et al., 2016). For example, the theory helps to locate the deficiency in the patient's disease management program. Visiting the nurse helps educate the patient on how to prevent and manage the disease. For example, the nurse may advise the patient on the right diet that they should take.

### **Interdisciplinary collaboration**

The management and prevention of coronary disease and the healthcare role refer to the collaboration of various professionals (Bondre et al., 2016). The nutritionist plays a major role in facilitating health care for the patient. The nutritionist provides diet advice that helps the patient

maintain the right diet free from calories. Further, during the patient's discharge from the hospital, the patient may be given some pharmacy advice on the medical drugs that should help him recover. During the transition, where the patient is almost fully recovered, the patient receives physical assistance from the physician on maintaining physical fitness. Lastly, due to the patient's financial status, health insurance services would help the patient cover the cost of getting medical assistance from hospitals by covering the bills; health insurance providers render these services.

### Conclusion

Purulent drainage is a condition whereby a patient's wound releases milk-like fluid due to infection. The depth of the wound majorly causes purulent discharge in patients. The patients should be given antibiotics to prevent the discharge and keep the wound moist to encourage healing. The provision of healthcare services is very effective in encouraging the recovery of the patient. Application of Maslow's needs in developing a self-care service is essential in ensuring the effectiveness of the self-care needs. Similarly, <sup>5</sup>Orem's self-care needs a guide in making a self-care program. Finally, the interdependence of various health care professionals helps implement the self-care needs; such professions include nutritionists and a pharmacy.

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