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Submission date: 20-Apr-2020 07:09AM (UTC+0700)

Submission ID: 1301962512

File name: Roles_of_a_Nurse.edited.docx (20.51K)

Word count: 817

Character count: 3897

Roles of a Nurse

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2 Roles of a Nurse

A nurse primary role is to care for sick patients and give them support through illness and health (Wright et al., 2019). In Betty's case, she has gone through a lot as a patient, and my role as a nurse is to help her through this period as she prepares for her surgery. Insomnia in patients like Betty is as a result of a lot of pain she is going through. Aside from pain, she also lacks sleep due to frequent interruptions she gets because of the regular checkups. As her nurse, I would ensure she forms a sleeping pattern or follows the one she uses at home before being admitted to help ease the insomnia problem. In that, for instance, she can sleep for at least two to three hours straight without any interruptions, then after that, I can come in and monitor her health progress (Cadet et al., 2019). Because she is in pain as well, I would ensure during those two hours of sleep I give her the recommended pain medication to ease her discomfort; this will enable her to get enough sleep.

To help Betty to start walking again, I would help her try to walk a few steps around the ward for ten minutes every day to strengthen her body. In turn, this will help ease the fatigue she has felt because she will be active again. Additionally, I will help her get back to doing ADLs again by helping her with resources she might need to move around, such as a wheelchair, at the same time encourage her to keep working on her ADLs to increase independence. Besides, if she is staying at the hospital longer, I will enroll her for physiotherapy sessions to nurture her back to health again. Because of her constipation problem, I would encourage Betty to consume a lot of fluids and make certain her meals are high in fiber, such as lots of vegetables and fruits. In addition to that, I would guarantee I give her a warm or hot lemon drink before the time she gets a bowel movement (Schiller, (2019).

Every patient is usually anxious or overwhelmed whenever they are about to undergo surgery. They get like this because they are not sure whether they will make it or not. Such uncertainty makes them feel uncomfortable and uneasy hence the anxiety. If the anxiety is not taken care of soon, it may have adverse effects such as high blood pressure, which might have an impact during surgery. As Betty's nurse, before the operation, I would answer all the questions she might have regarding the surgery. I would assure her that all will be well and give her success stories of similar surgeries; this will help to ease her mind because she knows she is safe. Additionally, I would also show her techniques that will help ease her mind, such as deep breathing exercises (Price, 2017). Again, acting as her confidant when she wants to talk about what she is feeling at that particular time or put on soothing music to calm her down before the surgery would help.

Post-surgery care for patients is essential because it helps to prevent issues such as infections and to promote the health of the patient by taking care of the surgical wound; this is done by monitoring the patient's healing process. The surgical incision is often taken care of by changing the dressing regularly. In case of pain, Betty can be administered with the recommended pain medication (Skinner & Huddart, 2019). Additionally, since Betty is worried about how she will look after the surgery, I would recommend her to the hospital therapist, who will give her sound advice during that time. In the meantime, she would encourage her to focus on healing first then take care of her body by exercising only when the doctor has cleared her. At the same time, as she takes care of the wound at home, she can focus on eating a nutritious meal that will help keep her appearance in check. A sixth issue may arise when she begins her chemotherapy sessions again. Due to chemotherapy, she will experience side effects like nausea, loss of appetite, fatigue, and infections.

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