

# Communication in heart failure case

Business



Considering the circumstances and the preliminary work up from the case study 1, we conclude that Ms A suffers from Iron deficiency anemia. Iron deficiency anemia is a type of diseases that occurs after the body experiences too little amount of iron in the blood in general. Therefore, this type of anemia does occur after the body has lacked the iron element that is needed for the overall production of the hemoglobin, an important ingredient and content of the blood. This is the major cause of the iron deficiency anemia in the body of Ms A.

This type of the disease is most commonly seen in women before the start of the menopause period during their menstrual cycle. Also it affects patients during their adolescent stage. There is usually heavy blood loss during the period of menopause, internal bleeding that occurs due to gastrointestinal tract and the act of donating blood in excess do cause this type of the disease in the body. Women who suffer from the condition of the uterine fibroids are also prone to this type of the diseases (Yehuda, 2010).

**Symptoms and Diagnosis** To support the fact that Ms A suffers from the iron deficiency anemia disease, she has various symptoms, such as: rapid heartbeat proven by the fact that she has suffered from the elevated heart rate and respiratory rate, dyspnea condition from the case, where she has noticed an increased shortness of breath.

She also suffers from the low levels of energy and enthusiasm that indicates that she is experiencing the paleness condition as one of the symptoms of the iron deficiency anemia. This type of anemia should always be diagnosed by the doctor through the complete blood cell count technique. This testing technique may be done by the doctor or a physician during the general

routine checkup process based on some factors that may have indicated the presence of the anemia disease in the body of the patient. These factors may include the symptoms and blood abnormalities. This technique is used to count and does the examination process of the different kinds or rather types of the cells that are making up the blood contents in general.

It is usually done via the use of a glass slide that has been prepared from content of sample of blood under the microscope. Normally, there are measurements of six components that should be recorded in order to indicate the overall components of the blood. These components include the hematocrit, hemoglobin, red blood cell count, white blood cell count, platelets and finally the differential blood count. It is only three components that are vital for the diagnosis of the iron deficiency anemia in the body of the said patient, and the components include red blood cell, hematocrit, and the hemoglobin (Huch, 2006). Treatment Treatment of this kind of anemia can be done through the oral iron supplements and dietary modifications. This involves the patient taking the food rich in iron supplements, such as eggs, poultry, and dairy products, green vegetables that are usually green and other kind of the iron fortified foods.

Case 2 Plan of Care The aim of any form of intervention and plan of care is to reduce the harmful effects of the cardiomyopathy and congestive heart failure and be able to improve the functional purpose of the heart, reduce the number of days of hospitalization of the patient and increase his chances of living. Holistic caring plan is one of the most commonly used plans for caring such kinds of patients. This involves the use of nurse who is registered to offer guidance and some form of mutual education to the family members <https://assignbuster.com/communication-in-heart-failure-case/>

of the patient. This care would give the patient an opportunity to share out their own experiences with the nurse and, on the other hand, giving the registered nurse an opportunity to learn much about the patient's condition. It also gives the nurse a perfect opportunity to check out and utilize resources appropriately during the time of care of the patient. Exercises and some form of excitement are very important in improving the heart rate condition and, therefore, the patient should be subjected to various forms of excitement so as to improve cardiomyopathy and congestive heart failure (Barnes, 2006).

Nursing Diagnosis with Interventions and Education Plan for this Patient  
The various conditions that cause cardiomyopathy heart failure are treated using different techniques. Some of the ways the heart failure can be treated include: Taking medicines orally, such as Hawthorn berry Participating in vital changes by the patient's lifestyle (dieting, exercising, taking the role of stopping the smoking habit and alcohol with other harmful drugs) heart failure Wearing a pacemaker by the patient that would help to treat a heart rate that pumps slowly Also the patient should be encouraged to wear a defibrillator that would cushion the heart by sending out an electrical pulse that would stop life-threatening heart rhythms that may occur accidentally. Finally, if the family members try out all these methods that have been listed above without no success due continues occurrence of very severe symptoms occurring in the patient's life, it is recommended to adopt the heart transplant exercise. Over the recent past, researchers from the international center of research have developed implantable artificial heart pumps. But, a very few number of patients are able to afford this advanced

treatment, because it is much expensive to buy and maintain it (Bethel, 2009).