

Physical and mental health issues

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Physical and Mental Health Issues

1. Multiple Lacerations

One of the physical issues for Mr. Jackson is laceration. Mr. Jackson got multiple lacerations due to the accident and needs multiple sutures to his lacerations.

2. Fractured Right Femur

Another physical issue for Mr. Jackson is a fracture in the right femur, which was caused due to the accident.

3. Low Mood

One of the main mental health issues for Mr. Jackson is low mood, which also leads towards the issues of poor appetite, weight loss, and less sleep.

4. Mental Stress

Mr. Jackson is under a lot of mental stress due to his financial position and divorce.

Plans of Care

Plan of Care for Multiple Lacerations

The plan of care for multiple lacerations includes washing the lacerating surface with soap and water to keep the surface clean. “ Most injuries of the wrist and hand require no intervention and heal without complication” (Waters, 2010). The patient needs to avoid the use of alcohol and hydrogen peroxide. The patient also requires multiple sutures to his lacerations. Lacerations can also be healed using silverlon wound dressings (Hess, 2002).

Plan of Care for Fractured Right Femur

Mr. Jackson requires an immediate surgical repair of his right femur in order to get back on his feet again.

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Plan of Care for Low Mood

“ Patients with chronic mental illness are at high risk for multiple physical problems” (Soderlund, 2006). The plan of care for low mood suggests the patient to bring a change in his behavior, which means showing positive attitude towards every matter of life. The plan also recommends morning walk, participation in social activities, and healthy diet to the patient.

Plan of Care for Mental Stress

Mental stress problems are very common in the present world (Hauenstein et al., 2006). The treatment plan for mental stress includes finding a job and a house on rent. The patient needs to overcome the causes of failures instead of becoming hopeless and depressed. Another important step in the treatment of mental stress includes arranging meetings between Mr. Jackson and his children in order to reduce the emotional gap between them.

Justifications

Rationale for Laceration Treatment

The patient should avoid using alcohol and hydrogen peroxide because they delay the healing process. All lacerations need to be sutured in order to keep inside of the wounds cleaner.

Rationale for Fractured Right Femur

The patient requires surgical repair because it will be impossible for him to make even a small movement without the surgery. Femur fractures lead to hospitalization, disability, and loss of independence (Schoen, 2008).

Therefore, the patient requires right femur surgery.

Rationale for Low Mood Treatment

The patient is advised to think positively because positive thinking helps a person coming out of mental stresses. Morning walk and participation in

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social activities are recommended because they normalize mental and physical state of a person.

Rationale for Mental Stress Treatment

The patient is advised to find a job in order to run the expenses of daily life.

Meetings between Mr. Jackson and his children are recommended because meetings result in bringing the involved parties close to each other.

References

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Links for the Customer

Journal:

Rurality, Gender, and Mental Health Treatment. *Family & Community Health*

Link:

http://www.nursingcenter.com/library/JournalArticle.asp?Article_ID=647985

Journal:

Advances in Skin & Wound Care. *The Journal for Prevention and Healing*

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Link:

[http://www.nursingcenter.com/library/JournalArticle.asp? Article_ID=288011](http://www.nursingcenter.com/library/JournalArticle.asp?Article_ID=288011)

Journal:

Preventing Hip Fractures. Orthopaedic Nursing

Link:

[http://www.nursingcenter.com/library/JournalArticle.asp? Article_ID=783439](http://www.nursingcenter.com/library/JournalArticle.asp?Article_ID=783439)

Journal:

Primary role for the mental health nurse practitioner. Nursing2006

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[http://www.nursingcenter.com/library/JournalArticle.asp? Article_ID=636583](http://www.nursingcenter.com/library/JournalArticle.asp?Article_ID=636583)

Journal:

Problematic Pediatric Wrist and Hand Injuries. Journal of Pediatric Orthopaedics

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