

Introduction recuperate from diseases, or aid in

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**ASSIGN
BUSTER**

IntroductionMr.

Wu, a 35-year-old fireman, was admitted to the ward since he was found unconscious while fighting the fire. One week later, Mr. Wu passes away, leaving his wife Mrs. Wu and his 15-year-old son Tim. Below, we will talk about how Virginia Henderson's nursing theory can be applied to Mr.

Wu and his family during the hospitalization. After that, discuss the effect of death on Mr. Wu's family. Then, consider how therapeutic communication strategies can be used when talking with Mrs.

Wu and Tim so as to build rapport. Finally, introduce resources in Hong Kong to help them in psychological and financial aspects. Content During the hospitalization of the clientVirginia Henderson defined nursing as to assist a person to carry out 14 activities of basic needs, so as to maintain health, recuperate from diseases, or aid in peaceful death (Ahtisham & Jacoline, 2015). This theory can be applied to Mr. Wu and his family. It helps to fulfil the physical needs of Mr. Wu and to promote recovery.

On the other hand, maintain the mental health of Mr. Wu's family. Apply the theory on Mr. Wu Meet physiological needs There are three components related to physiological needs. Breathe normally, eat and drink adequately and eliminate body wastes (Ahtisham & Jacoline, 2015). These activities are necessary for Mr. Wu to survive. Oxygen therapy should be provided to Mr.

Wu according to physician's prescription so that to improve breathing.

Devices such as simple masks, nasal cannula or venture mask can be given to him (Bhagol & Khatana, 2011). Also, oxygen saturation should be

monitored for assessing the effectiveness of the therapy. Besides, food and fluid are also essential.

Mr. Wu is unconscious so the intake of water and food totally depends on the healthcare team. Liquid and nutrition can be supplied by intravenous fluids and gastrostomy tube. Also, it is important to eliminate body waste through urine and feces. In order to prevent urinary retention or incontinence, an indwelling catheter can be inserted.

On the other hand, bowel movement can be promoted by using stool softener or enema. Promote movement One of the activities in the theory is to move and maintain desirable postures (Ahtisham & Jacoline, 2015). Although Mr. Wu cannot move, passive exercise can be provided to him so that to prevent contracture. Exercises with range of motion can be performed to him with the help of physiotherapists.

Maintain good hygiene One of the components in the theory is to keep the body clean and well groomed and protect the integument (Ahtisham & Jacoline, 2015). Care of skin, mouth and eyes should be carried out to maintain personal hygiene. For the skin, a complete bed bath should be given to Mr. Wu every two days (Heiserman, 2015). After that, apply moisturizing lotion on his skin so as to prevent drying.

Apart from the body, his face and perineal area should be washed daily to prevent infection (Heiserman, 2015). For the mouth, perform mouth toilet to Mr. Wu every four hours to moisten the membranes as well as to prevent infection (Heiserman, 2015).

Then, apply olive oil to the lips to prevent drying. For the eyes, clean with gauze and sodium chloride gently as prescribed to prevent infection (Heiserman, 2015). Artificial tears may also be applied to moisten the eyes. Promote safety One of the components in the theory is to avoid dangers in the environment and avoid injuring others (Ahtisham & Jacoline, 2015). Since Mr. Wu always lying in bed, an alternating pressure mattress can be provided, so as to prevent the development of pressure sores (Vanderwee, Grypdonck & Defloor, 2008).

Changing Mr. Wu's position regularly can also prevent this. Moreover, lower the bed and raise the side rails to prevent risks of falling.

Apply the theory on Mr.

Wu's family One of the components in the theory is to communicate with others in expressing emotions, needs, fears, or opinions (Ahtisham & Jacoline, 2015). The accident makes Mrs. Wu and Tim depressed, they are afraid of the death of Mr.

Wu. Expression of feelings can help them to relieve sadness and stress. Therefore, it is important to encourage them to share their feelings and concerns toward Mr. Wu. Provide a room for them and discuss Mr. Wu's progression can decrease their fear of unknown as well as to establish trust and rapport.

As a result, they are more willing to share their feelings. This helps to maintain their mental health. Another component related to psychological aspect is to learn, discover, or satisfy the curiosity that leads to normal

development and health and use the available health facilities (Ahtisham & Jacoline, 2015). Mrs.

Wu and Tim face great stress due to the crisis. It is important to educate them to manage their emotion and cope with stress to prevent depression. Discuss effective coping strategies such as exercise, mind distraction and music therapy allows them to overcome the stress (Ahtisham & Jacoline, 2015). In addition, refer them to psychotherapist if needed. These help to maintain their mental health. After the death of the client Impact of death of Mr. Wu on his family In the psychological aspects, Mrs.

Wu and Tim suffered from intense sorrow that they often cry and angry since they cannot accept the death of Mr. Wu. Also, they felt emptiness. Mrs.

Wu said that she didn't know what to do and lost the meaning of life. Tim also said that his life became empty. In addition, Mrs.

Wu felt guilty that she refused to cook breakfast for Mr. Wu at the fateful day. Moreover, Mrs.

Wu's appetite decreased with a weight loss of 10 pounds. In the social aspects, Mrs. Wu disinterested in her hobbies that she stopped playing tennis which had been a passion of her. Also, Mrs. Wu changed her usual habits that she previously well groomed but now looked untidy. Moreover, Mrs.

Wu stopped attending church and questioned about the beliefs.