

The philosophical framework of primary health care nursing essay

[Health & Medicine](#), [Nursing](#)



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Bruce is an 84 year old man who is suffering from osteoarthritis (OA). His everyday life experiences are affected by the pain he is suffering from osteoarthritis. In this learning program, I will look at his how his life could be improved by considering an education/promotion plan. It will also look at including skills and behaviours that he could learn as well as community activities and resources he can obtain to improve his mental, physical, social and emotional needs. In addition, discussing the importance of primary healthcare and applying the principles of wellness to assist in planning an appropriate nursing care program for Bruce.

PART 1.

THE PHILOSOPHICAL FRAMEWORK OF PRIMARY HEALTH CARE

Primary Healthcare is extremely important for Bruce to improve his everyday living. It is imperative for him to understand how to manage his osteoarthritis, by ensuring that he has adequate access to knowledge. We also need to consider the costs associated with the services that are local for him to access. This would include utilizing the resources, services and facilities that council can offer. For a positive long term outcome, it is relevant for all of Bruce's resources to combine with each other to maximize the benefits he receives. (Funnell, Koutoukidis and Lawence 2009). As osteoarthritis is incurable, it certainly gives us many opportunities to help Bruce and his wife, enjoy quality time together and allowing them to resume activities they enjoyed so much. By gathering an effective team of health

care workers and rehabilitation services, we can ensure this by promoting a health and mental attitude to Bruce that we will achieve a positive outcome. (Physio Advisor 2008). Based on Bruce's needs and expectations, an assessment can be made on him and his wife so that an affective learning/teaching plan can be implemented. This will assist Bruce to engage and nurture his quality of life he wants for himself and his wife. (Funnell, Koutoukidis and Lawence 2009). Promotion of health to Bruce by means of educating him about it will ensure that his needs are met physically and mentally. Involving other family members is vital in order to change his mental attitude for a positive outcome. By doing this, the family are able to encourage him with adequate health information and an appropriate plan, so that Bruce and his wife are able to take charge of their own lives together. (Funnell, Koutoukidis and Lawence 2009).

PART 2.

Principles of Wellness

Considering Bruce's wellbeing, it's crucial that we commence concentrating on a holistic approach as this has now worsened due to the pain he is experiencing. We must blend these elements in order for Bruce to be well. They are mind, body and spirit. By focusing on this, it deters us away from the actual symptoms. (Hopper n. d.). Bruce's attitude towards his health condition and his wife, are rather negative and we therefore need to attempt to change this. If we are able to reinforce positively that we are able to help him, perhaps his attitude will change with the accessibility of resources available to him. His low tolerance has inflicted his relationship with his wife

and the constraints of decisions in his life. What would be best for Bruce now is for him to be actively involved in the changes in his health without the use of medications or others fixing his problems for him. Therefore, taking precautions, teaching him with a holistic approach and gaining family support, will assure that Bruce is able to take control and be responsible for his own wellbeing, with a positive attitude. (Hopper n. d.).

PART 3.

Health Education Plan

Incidence and Pathology

Osteoarthritis is caused by the loss of cartilage that protects the joints. Once it's lost its elasticity, the bones begin to move against each other and it results in pain at the joints, swelling and difficulty moving. Its worse outcome is when there is movement and comfortable when there is rest. (Hindle & Coates 2011). It's supplementary in obese elderly, and those who have engaged physically in challenging activities as well as common with aging. (Funnell, Koutoukidis, & Lawrence 2009). The parts of the body most affected are the hands, hips, spine and knees. (Arthritis Australia 2011). The Australian Bureau of Statistics (2011) state that 1.6 million people in Australia are sufferers of osteoarthritis, 9.7% being females and 5.9% being males.

Bruce's Learning Plan/Teaching Methods

Based on an assessment of his activity requirements being home bound watching TV and listening to the radio, Bruce essentially requires a plan implemented to meet his needs that are holistic. This will allow him to

participate in social functions and quality time with his wife. (Funnell, Koutoukidis and Lawrence 2009). With a lack of knowledge on pain management, Bruce has a negative attitude. We therefore need to educate him on how to manage the pain, by simple exercises such as short walks, standing, sitting and resting all in short amounts of time. Once he builds the confidence with this, he should be able to resume a normal lifestyle as previously. (Hindle & Coates 2011). Discussing the variety of professionals who can help, gives Bruce and his wife the reassurance they need. Water exercises will assist in smoother movement and also relax him. Working with a physiotherapist, doing regular exercises, will strengthen the muscles which will in turn assist in protecting the joints and reduce pain. Teaching him how to use a walking stick properly can also alleviate pressure to his hip of up to 60%. (Touhy & Jett 2012). We would also need to bring to Bruce's attention the necessity of a healthy diet. Due to the insufficient exercise, Bruce may have gained a bit of weight. Therefore explaining that good eating consists of a low fats, sugar and salt is important and fruit, vegetables and cereals are good for to him to consume. This may affectively decrease the pressure on the joints, particularly his hips. (Arthritis Australia 2011).

Bruce's Skills and Behaviours

Bruce must have a positive approach in order for him to help himself. We must emphasize the importance of moving around as well as the time to rest without overdoing it. The need to take medications should only be used if really need, not just for the sake of it. Encouraging Bruce to search for new activities or continue with the ones he enjoys, to maintain a good mental

attitude. We also must emphasize that there is support services available for his to access, that he not alone. Reminding him, how to take care of his joints so that his osteoarthritis is managed correctly. (Physio Advisor 2008). A positive outlook is the skill Bruce requires to change his every day living. Being open to change and adapting to new information and technology.

Bruce's Learning Activities

It is important for Bruce to understand his illness and how to take care of it. It would be advisable if Bruce considers hydrotherapy (water) exercises to help with the joints as well as a physiotherapist. They will be able to help Bruce maintain gentle movement and avoid stiffness. We can also advise him of the correct use of hot and cold packs and its significance in relieving pain instead of depending on his medications. (Touhy, Jett 2012) Bruce would be reassured to identify his limits and continue with a daily exercise and activity routine to promote his health.

Resources Available

Arthritis Foundation of Victoria (part of Arthritis Australia) 263-265 Kooyong Rd, Elsternwick Vic 3185 (03) 8531 8000 www.arthritisvic.org.au Arthritis Victoria provides a range of services to support Victorians, with arthritis and their families. They are; phone information, printed resources (some by membership), library facilities (by membership), self management training, fitness classes, support groups, community speakers, advocacy, and support to other communities, discounts and funding for research. An Occupational Therapist will provide information on how to minimise things that affect joint strains and pain. They will also assess if any aids are required such as hand

rails or splints. (Arthritis Australia 2011). Occupational Therapy Australia - Ph: (03) 9415 2900 or www.ausot.com.au A rheumatologist will help if there is an indication of no progress, or symptoms are worsening. They can assist with knee joint injections if required and determine if surgery is required. Rheumatologists will provide continual care until the correct care is found. (Arthritis Australia 2011). Australian Rheumatology Association - Ph: (02) 9256 5458 or www.rheumatology.org.au Department of Health has a document guide available for Bruce to be able to read. The book will assist Bruce in understanding exactly what osteoarthritis is and ways in which to manage it. It also has services and providers who can help as well as a medication guide. This will be good for Bruce to have on hand, as it can also be a guide for his wife to read and understand better. (Department of Health, Victoria 2012).

Conclusion

To conclude, Bruce's outcome in life will be positive, if he utilises the facilities and resources available to him. Bruce will need to adapt to the changes he has been educated on, for him to return to his activities he enjoyed so much. As a result of this it will enable him to manage his pain and enjoy quality time with his wife. Word Count 1426