

# Home visit

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



Home Visit Question Sallie Mae Fisher is an elderly woman aged 82 years who suffers various kinds of ailments as discussed in this paper. Sallie Mae Fisher has a history of four major ailments that include chronic congestive heart failure (CHF), which harbors various related ailments such as hypertension and atrial fibrillation. In addition, Sallie Mae Fisher suffers from Dyspnea, obese and chest pain.

Chronic congestive heart failure is the inability or the failure of the heart to carry out its core duties that include supplying of oxygen and nutrients to organs and tissues. When the cardiac output decreases, the heart is not able to circulate the blood from the lungs and other body parts leading to the inadequate supply of oxygen and nutrients (Grand Canyon University, 2014).

Hypertension is a chronic medical condition that occurs in instances when the force of the blood against the artery wall is high causing various health complications such as heart disease and coronary artery disease. Atrial fibrillation is a sporadic and a rapid heart rate that usually causes poor blood flow to the body. The atria and the ventricle chambers beat out of coordination in an irregular pattern causing the poor flow of blood.

Dyspnea refers to the sensation of labored or difficult breathing that heralds serious complication in the lungs or the heart. Increase in accumulated fat may result to obesity and it is usually signified by an increase in weight.

Chest pain may herald the occurrence of heart problem though may occur because of chest infections.

## Question 2

According to the simulated “ Home Visit with Sallie Mae Fisher” video, the

following evidences reveal the four major complications affecting the patient. Sallie Mae Fisher has a history of the chronic congestive heart failure whereby in the past six months she has been hospitalized four times in order to receive medication of her deteriorating heart failure. Her problem with hypertension is evident from her history because her blood pressure is 90/56 (Grand Canyon University, 2014). Her history with atrial fibrillation indicates that Sallie Mae Fisher has the ailment.

Sallie Mae Fisher's dyspnea condition is evidenced by the fact that the previous Saturday she was discharged from the hospital after a three-day stay to treat the condition. Her complication with obese is indicated by the 8-pound increase in her weight. The continuous exacerbation of Sallie Mae Fisher's CFH evidence the chest pain she is undergoing.

### Question 3

In order to manage her ill condition, Sallie Mae Fisher is required to observe various intervention approaches that involve lifestyle modification such as engaging in regular exercises, reducing the quantity of salt she takes, adhering to means that reduces her weight and following the medical instructions of the nurses. At home, the patient has been prescribed to take 20 mg of Prilosec, 50 mg of Zocar, 40 mg of Furosemide, 1 mg of Minipres, 37.5 mg of Effexor, 0.125 mg of Lanoxin, Multivitamin, 40 mEq of Potassium, which all should be taken once a day. In addition, the patient should take 100mg q of Darvocet and 400 mg q of Ibuprofen in instances of pain. Moreover, Sallie should apply 1 inch of Nitroglycerin ointment once a day. The patient should engage in simple exercises that enable her blood to flow efficiently. Reducing the dietary sodium will help curb her illnesses.

#### Question 4

Delving the medical records and discharge orders of the patient, it is evident from the recent history that Sallie Mae Fisher is sickly. At home, the patient receives limited attention since her only daughter is busy with her own issues and job. The limited social support depresses the patient, which poses a major threat to her heart condition. The combination of poor social support and the preexisting medical conditions has influenced the health of Sallie Mae Fisher. Medical practitioner ought to augment their relationship with the patient. A cordial relationship with the patient will enable the patient to adhere to her medical prescription. Medical practitioners should focus on factors such as the psychosocial, educational, age and physiological perspective of the patient in order to provide an effective intervention approach.

#### Reference

Grand Canyon University | Digital Resource [Video file]. (2014). Retrieved from [http://lc.gcumedia.com/zwebassets/courseMaterialPages/nrs410v\\_vp01Alt.php](http://lc.gcumedia.com/zwebassets/courseMaterialPages/nrs410v_vp01Alt.php)