**Ackley: Nursing Diagnosis Handbook, 10th Edition**

**Clinical Reasoning and Critical Thinking: Use of the Nursing Process**

**Case Study - Mrs. Aiken (Diabetes)**

## Case Scenario

“What happened? How did I get so sick so fast? I took my insulin, although I felt terrible and had to force myself to eat. I didn’t eat that much for my blood sugar to be all out of whack.” Mrs. Aiken lay back in the bed and closed her eyes. Then she had a wracking coughing session that left her feeling even more short of breath. “I don’t ever want to go through something like this again.”

**Nursing Assessment Including Client Story**

Mrs. Aiken is a 42-year-old woman with type I diabetes. She is married and has three children. She is the church secretary. Reading, knitting, and playing bingo are her favorite activities. She smokes one pack of cigarettes per day. She developed a cold several days ago and then woke up in the morning very short of breath and with chills and fever. She stopped monitoring her blood sugar levels. Her blood sugar on admission was 950 mg/dL she was diagnosed with hyperglycemia and pneumonia. It is now 3 days after admission, and she has been on intravenous antibiotics. The fever is gone. Only scattered crackles are heard in the lung bases. Her oxygen saturation is now at 95 mg/dL She will be discharged home in 2 days.

1. **ASSESS**
	1. Identify the significant symptoms by underlining them in the above nursing assessment.
	2. List the symptoms (those you have underlined) that indicate the client has a health problem.
	3. Group the symptoms that are similar.
2. **DIAGNOSE**
	1. Select possible nursing diagnoses for this client.

Review the list of nursing diagnoses in Ackley and Ladwig: *Nursing Diagnosis Handbook: A Guide to Planning Care*.

(The information can be copied and pasted from the EVOLVE site into the area below.)

**Possible nursing diagnoses:**

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* 1. Validate the possible nursing diagnoses.

Compare the signs and symptoms (i.e., defining characteristics) that you have identified from your client assessment with the defining characteristics for the nursing diagnosis that you have selected. In addition, read the diagnosis definition and determine whether this diagnosis fits this client.

**Validated nursing diagnoses include:**

(The information can be copied and pasted from the EVOLVE site into the area below.)

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1. Write a nursing diagnostic statement for one of the nursing diagnoses by combining the nursing diagnosis label with the “related to” (r/t) factors.
	* 1. The label is the title of the nursing diagnosis as defined by the North American Nursing Diagnoses Association (NANDA).
		2. An r/t statement describes factors that may be contributing to or causing the problem that resulted in the nursing diagnosis.

(The information can be copied and pasted from the EVOLVE site into the areas below.)

**NANDA label:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Related to (r/t) factors:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The complete nursing diagnostic statement is:**

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1. **PLAN**

Click here to access the Ackley and Ladwig care plan constructor for assistance in formulating a care plan: <http://coursewareobjects.elsevier.com/objects/elr/Ackley/NDH10e/careplanconstructor/>.

1. Write a client outcome to help Mrs. Aiken resolve the symptoms (i.e., defining characteristics). Refer to Section III of the Ackley and Ladwig text.

**Outcome:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Select an appropriate nursing interventions classification (NIC) from the Ackley and Ladwig text.

(The information can be copied and pasted from the EVOLVE site into the area below.)

**NIC:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Select the appropriate NIC activities.
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	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: The Ackley and Ladwig text offers two sample NIC activities.

1. Select interventions from the Section III care plan that you think will be appropriate for Mrs. Aiken and that will enable the nurse to accomplish the outcome.

#### Nursing interventions:

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1. **IMPLEMENT**

The next step in the nursing process is to provide the nursing care using the nursing interventions.

1. **EVALUATE**

After implementing the nursing interventions, the results of the care should be evaluated by determining whether the outcome was met. If the outcome was met, then the care plan is resolved. If the outcome has not been met, then further assessment should be made to answer the following questions:

* Was the correct nursing diagnosis chosen?
* Was the outcome appropriate?
* Were the interventions appropriate in this situation?
* What other interventions might have been helpful?

Changes in the nursing diagnosis, outcomes, and interventions should be made as needed. The continued use of critical thinking will ensure appropriate nursing care.

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