

Case Study 1

Student's Name

Institutional Affiliation

Course Number and Name

Professor's Name

Due Date

Case Study 1

Pertinent Assessment findings from case study and video	<ul style="list-style-type: none"> • The most evident finding in the case was derived from the information that the patient's toilet bowl was splattered with blood-stained vomit. This result shows a high likelihood that the client has an illness associated with continuous nausea. • Besides, according to the two sources, Joyce has a history of eating disorders. Since high school, she has been struggling with eating and bulimia. The patient reported that these conditions have reemerged in the past year.
Two nursing diagnoses with r/t and AEB	<ul style="list-style-type: none"> • The patient was found with low blood pressure and high heart and respiration rates. These vital signs explain why Joyce was found groggy on the floor. She was still conscious because the symptoms were not severe. • The patient vomited blood in the toilet, which indicates that she may have tears in the esophagus due to forceful vomiting (Montgomery College, 2011). These tears may be the cause of the shortness of breath and high heart rate.
One STO and One LTO for each nursing diagnosis	<ul style="list-style-type: none"> • The short-term objective is to ensure that Joyce recovers the nutrients that she lost during the purge. These nutrients are essential for normalizing the heart and respiration rates (Tanofsky-Kraff et al., 2020). • The long-term objective is to reduce the occurrence of eating disorder episodes. By addressing stress management, Joyce will avoid behaviors that contribute to binge eating and vomiting (Niriella et al., 2022).
Two nursing interventions with rationales for each	<ul style="list-style-type: none"> • Intravenous therapy consisting of potassium intake is an optimal treatment for addressing the patient's electrolyte imbalance (Tinceva, 2019). The healthcare provider should monitor the patient's potassium levels regularly to ensure stabilization. • The intervention for supporting the long-term objective relies on family-based treatment (FBT). Joyce has recorded that she underwent

nursing diagnosis	cognitive behavioral therapy (CBT), which did not fully address the issue. Therefore, FBT is recommended as the priority treatment, after which CBT can be used (Morris & Anderson, 2021).	
SBAR Note	S (Situation)	<ul style="list-style-type: none"> Joyce is a 27-year-old woman who was found unconscious by her boyfriend on the bathroom floor. She was unsteady, and she had vomited blood in the toilet bowl
	B (Background)	<ul style="list-style-type: none"> Joyce has had a history of eating disorders and bulimia since high school. Her condition is strongly associated with relationship and occupational stress. Her previous practitioner utilized short-term CBT to address her condition. The condition was addressed two years before she relapsed back to bingeing and purging.
	A (Assessment)	<ul style="list-style-type: none"> She had normal temperature, low blood pressure, high heart rate, and shallow and high respiration rates. The patient vomited blood, which indicates that she may have minor tears in her esophagus.
	R (Recommendation)	<ul style="list-style-type: none"> Joyce requires immediate intravenous therapy to ensure that she regains lost electrolytes and other vital nutrients. This patient also requires cognitive or family-based therapy to provide ongoing support while she manages the problem.

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