Case Study

Name

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**Using Leininger's Culture Care Model, what factors in the story shared by Mrs. Franklin-Jones should be considered by Nurse Hernandez when planning for the patient's discharge?**

In nursing, Leininger's cultural care theory is one of the most important theory that is culturally sensitive and tailored to address patients of different backgrounds, cultures, and origins. She recognized that lack of care and cultural knowledge is a missing element to the understanding of different variations in care of patient to support wellness, healing and compliance. This theory delivers culturally compatible nursing care based on facilitative, supportive and assistive decisions or acts (Wehbe-Alamah, 2018). The nurse must consider the cultural background of Mrs. Franklin Jones. Many factors need to be considered when nurse Hernandez planning discharge for Mrs. Franklin Jones. In the process of discharging, the facts that she is Jamaican; her mother died from hypertension and she mostly forgets to take her medicines should be considered. Although she has a history of hypertension still she does not monitor her blood pressure regularly. The nurse should educate her regarding the importance of taking medicines as prescribed to maintain the therapeutic level. Mrs. Franklin Jones should be given education regarding her diet plan. She should ensure that she is taking a diet low in salt and fat and high in carbohydrates. In addition to addressing the concern of taking prescribed medicines, the nurse should also consider her diet.

According to the Leininger culture care model, it is very important to take into account the problem of food and meal which patient will take after discharge. According to Mrs. Franklin Jones, she is culturally attached to traditional food. The traditional food which Mrs. Franklin was taking contains high salt, high calories, and carbohydrates. She also stated that she wants to change her cooking method as she thinks that Jamaican cooking method is a key reason she suffered from myocardial infarction. According to this theory, Nurse should determine the foods which she has been taking so that she can be in the best position to guide her with the best cooking method that prevent her condition from worsening (Smith & Parker, 2015). Another critical factor that must be taken into account before discharging is her age. According to Mrs. Franklin Jones, most of the times she forgets to take her medicines and this can be a reason for myocardial infarction. Her age can influence her memory. After determining the reason of her forgetfulness, the nurse Hernandez should find different ways that assure that she takes her medicines regularly. According to the requirement of Leininger's culture care model, a nurse is likely to determine the patient occupation and determine whether it can have any effect on patient recovery or not. Nurse Hernandez should determine the effect of patient occupation on her recovery. She stated that she doesn’t have much time to shift between her job at school cafeteria and new housecleaning job. There are increase chances that her condition may have worsened due to the work pressure. Therefore, this issue should be addressed by nurse.

**Why is the theory of Culture Care Diversity important in the delivery of nursing care for all patients?**

The culture care diversity theory is a very important tool in understanding the patient cultural background and to improve the care the patient needs during the illness. The holistic approach is required that can address the need of patients belonging to various cultures. This theory also takes into account the ethical dilemmas in taking patients care from different cultures. This theory identifies that patients from different cultures usually behave differently and due to this diversity many patients attribute fast recovery. Nurses usually provide best care when they are aware of patient culture because it influences the behavior of the patient.

**Using Leininger's Theory of Culture Care Diversity and Universality, develop a plan of care for Mrs. Franklin-Jones.**

Mrs. Franklin Jones mostly keep check of the food which she eats. Although she has been using Jamaican food for a long time, she should include in her diet low fat and high fiber diet to avoid worsening of the disease. She should take some days off from job or she should do only one job because of history of myocardial infarction. Because of the age and work pressure she usually forgets to take her medicines therefore she should have a reminder to take her medicines

**Discuss the strengths and limits to Leininger’s Theory.**

One of the biggest strength of this theory is that nurses recognize the cultural differences among patients. This helps them to provide care within the patient cultural domain. It also helps them to overcome the ethical dilemmas that are associated with the patient culture. The limitation of this theory is that sometimes it becomes difficult for nurses to develop a care plan for patients having a transcultural background.

**Discuss assumptions of the Transpersonal Caring relationship. What is the nurse's role?**

Jean Watson's theory of Human Caring applies best to Mr. Claude Jean Baptiste's hip replacement surgery case. This theory provides different assumptions which nurses need to understand. One of the assumptions of this theory is that caring is best practiced interpersonally. This theory assumes that caring contains many curative aspects that lead to patient satisfaction. This theory also assumes that the effective care promotes health of an individual. This theory assumes that chances of patient recovery increase when provided a caring environment.

**How is love, as defined by Watson, evident in this caring moment?**

As stated by Watson, in this case the concept of love is evident because the nurse's intention depicts love. He is welcomed warmly in a rehabilitation facility. Everyone within the rehabilitation setting was happy to see his recovery.

**How can the nurse creatively use self to create a healing environment?**

In nursing practice, Jean Watson's caring theory has great importance. The Jean Watson Human Caring theory focuses on nursing and human paradigm. According to Watson, the core of caring theory is that “humans cannot be separated from other, self, larger workforce and nature”. This theory ensures a harmony and balance between health and disease experience of a person. This theory emphasizes greatly on the centrality of human caring, transpersonal caring relationships and its potential for healing. Nurses should develop a supportive, caring and trusted relationship with the patient. According to the theory of Jean Watson's, the concept of 'self' is usually defined as a conceptual gestalt that greatly encompasses a perception and attributes of the relationship of “me” and ‘I’. The core of nursing care is to create a healing environment that provide quality patient care. The nurses can help in creating a healing environment for Jean Baptiste by using the concept of 'self'. Nurses should show care to the patient as it will develop hope in Jean Baptiste which will increase the healing process as discussed by Watson in his theory (Yeter Durgun Ozan PhD, 2015).

**Discuss the strengths and limits to Watson’s Theory.**

This theory serves as a guide to nurses on how to improve practice. This theory allows nurses to use different interaction methods for different patients. This theory allows nurses to adjust their style and approach of care according to the need of each patient. The limitation of this theory is that its main focus is on the individual psychosocial need and not on the biophysical need. Jean's theory of caring fails to give right direction on what should be done in order to attain a true relationship between healing and caring. This theory is time-consuming especially when Caritas is incorporated into practice.

**Reference**

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