

Application of Nursing Theory Essay

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NR520 Applied Theoretical Foundations, Scientific Inquiry, & Decision-making

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Improving Fluid Management in Dialysis Patients: A Nursing Theory-Based Approach

Introduction

Fluid overload is a common issue among patients undergoing hemodialysis, which can lead to significant health risks such as hypertension, heart failure, and pulmonary edema. Poor fluid intake management and failure to adhere to fluid restrictions can worsen patient outcomes, leading to increased hospitalizations and reduced quality of life (Kaplan & Karadağ, 2022). It is crucial to address this issue to improve patient safety and decrease healthcare costs. This paper aims to investigate the use of nursing theory to enhance fluid management practices in dialysis patients. The goal is to improve adherence to fluid restrictions and reduce complications related to fluid overload by implementing evidence-based interventions and providing patient education.

Description of Issue or Problem

Proper management of fluids is crucial for dialysis patients. The buildup of excess fluid between dialysis treatments can lead to complications such as strain on the heart and lungs. In severe cases, it can even result in hospitalization or death (Loutradis et al., 2021). The dialysis clinic where this problem was identified regularly tracks patient outcomes related to fluid overload, including post-dialysis weight, blood pressure, and hospitalizations. Data from this clinic has revealed that many patients find it challenging to follow fluid restrictions, particularly those with other health conditions like heart failure, which leads to frequent hospitalizations and poor outcomes.

A study has shown that closely managing fluid levels in dialysis patients has a significant impact on their chance of survival in the short term (Kim et al., 2022). It is crucial to educate patients about the importance of controlling their fluid intake and to ensure that they follow the guidelines. However, many patients struggle due to emotional and social barriers, making it hard