

Leading Person-Centered Care

NR 529: Leadership and Management within the Clinical Healthcare Environment

Chamberlain University College of Nursing

Part 1: Case Scenario

This patient is an 84-year-old male with severe spinal arthritis and bone spurs, and was initially referred to physical therapy for medical management. He has a history of obesity, controlled non-insulin-dependent diabetes, and controlled hypertension. He has a supportive and healthy 82-year-old wife who is a retired nurse and his primary caregiver. He has had low back pain for over five years, but the pain has become debilitating over the past three months. He states he fell twice when his legs “gave out.” He also reports, physical therapy has aggravated his back pain, and he needs to use a wheelchair instead of walking. He was referred to neurosurgery and underwent spinal injections for pain with minimal relief. Surgery was scheduled four months after the first injection.

Related health concerns with this patient start with his age and mobility and his pre-existing medical conditions. His mobility is poor going into surgery, so it is a concern that he will have limited mobility post-surgery. Inpatient rehab post-surgery is imperative, given his restrictions, age, and assistance at home. Even though his wife is mobile, she cannot physically move her husband on her own if needed. His diabetes and hypertension are under control, but diabetes will hamper healing, and the prevention of a decubitus ulcer should be evaluated given the limited mobility. Issues of concern that can be managed with in-patient rehab include improved pain control, customized treatment plans, and mental support. Addressing these issues with in-patient care can reduce the patient's risk for injury and reduce his risk for hospital readmission. It will give him time to understand the treatments and allow his wife time to prepare for his return.

The points of care for this patient involve the neurosurgeon's office, the operating room, in-patient rehabilitation, outpatient physical therapy rehabilitation at home.