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Nursing Case study: Older person and ageing populations.

Leonard is an older man who currently lives alone in the community. He used to work as a boilermaker in a very noisy factory prior to giving up work 10 years ago to care for his wife who was diagnosed with cancer. He cared for her at home for three years, until her death.

Leonard was a keen gardener, and enjoyed fishing until the past few years. Over the past six months Leonard has been spending less time outdoors and more time at home. He states that he no longer has interest in his usual activities that he once enjoyed, that he is more tired and tends to sleep more during the day. He used to walk for half an hour every day for exercise however, over the past 6 months he has not been going for his daily walks. He also stopped driving 6 months ago.

Leonard has been admitted to an acute medical ward. You obtain the following information from Leonard's notes:

- Leonard is 73 years of age, 180cm tall and weighs 95kgs.
- Leonard arrived at the emergency department via ambulance after presenting at his local shops confused and agitated. He was found to be febrile and hypertensive on initial assessment.
- Leonard was diagnosed with a urinary tract infection and has been commenced on antibiotics.
- On transfer to the ward his vital signs are within normal limits, but he still appears confused.
- Leonard's medical history includes cognitive impairment (secondary to Alzheimer's disease), a decubitus ulcer on the shin of his left leg (0.5 cm long), arthritis in his lower back, anaemia, industrial deafness, hypertension and urinary urgency.

Leonard has no children but does have two sisters, both older than him, who live nearby and visit him once per week. Both sisters have expressed concerns that Leonard may not be coping at home and may need more support to manage tasks such as cooking and self-care. They report that Leonard has been buying microwave meals for the past 6 months rather than preparing fresh food. He previously cooked a lot of his vegetables from the garden; but the garden has been unkept for the last 12 months. Leonard's sisters report that his personal care has declined and he has become quite unkempt over this time. They also report that he has gained approximately 5-8kg in the past 6 months.

In hospital Leonard has been using a walking frame to assist with his mobility. He appears to be in discomfort when standing up from a seated position and when walking. He needs supervision for transfers, and can attend to his self-care activities when set up. Leonard is very keen to return home and cooperate with interventions. He is, however, reluctant to access home support services, fearing this could lead to him being placed in a nursing home. Residential care has been offered to Leonard, but he has declined, insisting that he wants to remain at home.

With the best-practice nursing assessment tools including: Mini-nutritional assessment, The general Practice Physical Activities and Sarason's Social Support Questionnaires, Leonard has 3 health risk factors such as: overweight, physical inactivity, and social isolation.

You need to answer to 2 questions below in perspective to this patient:

1. Identify at least three **(3) interventions related to 3 health risk factors and 3 nursing assessment tools mentioned above**, that will support **Leonard** via a person-centred approach and justify these with reference to peer reviewed literature.

You have to provides a succinct and integrated discussion that draws on the peer reviewed literature to justify the choice of interventions. **(600 words)**.

2. Critically analyse how your chosen interventions relate to your obligations as a Registered Nurse with reference to peer reviewed literature

You have to provides a highly integrated critical analysis of how the chosen interventions relate to your obligations as a Registered Nurse, using peer reviewed literature to support your argument. **(600 words)**.

Scholarly references:

At least 10 scholarly references from 2009 to 2019.

The appropriate referencing style for this unit is APA Style



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