

**Assessment 1 - Evidence-Based Patient-Centered Care Map**

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### **Evidence-Based Patient-Centred Concept**

One useful tool for nurses is Individualized Concept Maps, which can aid in understanding healthcare problems from the patient's perspective and identifying potential causes. By outlining these causes, nurses can develop interventions tailored to the patient's specific needs. This approach is particularly valuable in complex cases where patient-centred care is essential, such as those involving medication regimens, treatment responses, and post-treatment outcomes (Salisbury et al., 2018).

### **Individualized, Patient-Centered Concept Map**

Communication is crucial in ensuring that Sarah and her family receive the appropriate and relevant intervention for her diabetes treatment, which aligns with her beliefs, values, and lifestyle. To achieve this, communication strategies must be tailored to be ethical, culturally sensitive, inclusive, and promote honest communication while adhering to data privacy rules. One effective communication strategy that can be used is the teach-back method, which involves asking patients and their families to repeat the instructions given in their own words to confirm their understanding (Nas et al., 2021).

### **Concept Maps**

Concept maps have proven to be highly effective in teaching patients about their health conditions, and they help patients gain a better understanding of their situation. They are especially useful for exploring the various variables and causes associated with patient health, allowing nurses to develop a comprehensive structure for potential treatments and outcomes (Sangae et al., 2019). By providing patients with a visual representation of their condition and treatment options, concept maps can significantly improve their ability to make informed decisions and take an active role in their care. Furthermore, nurses can use concept maps to identify potential areas of concern and develop effective strategies to address them.

Ultimately, concept maps can help patients achieve better health outcomes by enabling them to play a more active role in their own care (Nano et al., 2020).

**Diagnosis of Diabetes Mellitus** The patient was initially diagnosed with diabetes and given medication along with lifestyle changes, such as cutting out sugar and regularly monitoring her blood sugar levels. Sarah's healthcare team included SMART goals in her treatment program to guarantee appropriate action. Despite these efforts, her blood sugar levels were still not under control, and she was prescribed insulin to manage her increasing A1C levels. However, Sarah found it challenging to comply with her treatment plan, as it required her to visit the hospital frequently to receive insulin and adhere to a strict diet. Her busy schedule, which involved taking care of her grandkids, contributed to her non-compliance. However, she started to miss blood sugar checks, and as a result, her health declined to the extent where she was discovered in a confused state and admitted to the hospital. Even though a patient's health problem's severity may vary depending on environmental and genetic variables, controlling the illness requires regular medications, insulin, and lifestyle adjustments.

**Diagnosis of Hyperglycaemia:** The second medical condition that may affect patients with diabetes is hyperglycaemia, which is a severe form of diabetes. This condition can manifest itself in various ways, such as skin bruises, confusion, impaired cognitive ability, and other symptoms that can have a significant impact on the patient's well-being. Sarah's confusion and altered state of consciousness could be a sign of cognitive impairment. Given the regularity of diabetes treatment and precautions, these effects can be particularly severe, especially in older patients. Proper treatment for hyperglycaemia must be given with the utmost consistency, patient compliance, and family assistance to ensure the patient's health and safety (Rajkumar et al., 2022).

**Diagnosis of Non-Compliant patient**

Patients with long-term medical conditions frequently struggle with comorbidities. The third diagnosis indicated in Sarah's case study was found to be non-compliance. Patients frequently ignore their health issues and put off taking their prescribed medications, which can have serious repercussions. In some cases, patients avoid regular health checkups altogether, which can prolong their treatment route and lead to further complications. This is especially true for patients with chronic health problems, where the consequences of neglecting their health can be severe and potentially harmful.

In Sarah's case, a serious episode was reported when she fell unconscious and her balance was caused by her failure to adhere to her regular prescription and blood sugar level monitoring schedules. Her urgent hospital visit revealed the seriousness of her health problem, which was aggravated by the age factor. Limited health literacy was another important factor regarding her medical condition (Homeier & Melkonian, 2022).

### **Evidence-Based Treatment**

Evidence-based treatments are medical practices or interventions that are backed by scientific research and evidence to improve patient outcomes. For patients with diabetes, evidence-based treatments may include medication, dietary changes, exercise, and blood sugar monitoring (de Boer et al., 2020).

In addition to the specific treatments recommended for patients with diabetes, there are also broader frameworks and guidelines that aim to improve the overall quality of care for patients with chronic health conditions. For example, the Healthy People 2030 initiative focuses on promoting health and preventing disease across the population, with a particular emphasis on addressing health disparities and social determinants of health (Gomez et al., 2021). The Clinical Prevention and Population Health Curriculum Framework is another resource that healthcare professionals can use to ensure that they are providing evidence-based care to patients with chronic health concerns (Schillinger et al., 2023). This

framework emphasizes the importance of patient-centered care, interdisciplinary collaboration, and evidence-based practice to improve health outcomes for patients with chronic conditions. By following evidence-based treatments and using these frameworks and guidelines, healthcare professionals can help patients like Sarah to manage her diabetes more effectively and reduce her risk of complications.

### **Needs of Patient, And Family, to Ensure the Effectiveness of Intervention**

In Sarah's case, her husband found her in a state of delirium. He called 911 immediately to ensure that Sarah received timely medical attention. The swift response to Sarah's emergency was crucial in preventing the worsening of her condition and the potential damage to her internal organs. Her husband's support helped her overcome the side effects of her medication, which often cause changes in a patient's mood. Furthermore, her state of mind was crucial in her treatment. In some cases, chronic health problems can cause patients to feel hopeless and even contemplate suicide. Family members and friends play a vital role in providing emotional, mental, and physical support to such patients. They can help address patients' emotional and mental health concerns and ensure that patients receive adequate support during their treatment (Bellas et al., 2021). Family members and friends can also provide emotional support to patients, which can positively impact their mental health and emotional wellbeing. It is important to understand Sarah's family dynamics, cultural beliefs, and lifestyle to provide interventions that will be effective in sustaining her health.

However, there may be areas of uncertainty where further information could improve the analysis. For example, it is unclear from the case study if Sarah has any cultural or religious beliefs that may impact her treatment choices. Understanding Sarah's beliefs and values can help tailor the interventions to her preferences and ensure her active participation in her treatment plan.

### **Strategies for Communicating with Patient and their Family**

Effective communication is essential for guiding patients and their families through the treatment process and providing support. One such strategy that will be helpful in this case is the teach-back method, where the care provider asks the patient and family members to repeat the instructions in their own words. The teach-back method is one efficient communication technique that can be implemented. The teach-back method is an evidence-based strategy that can be effective in promoting understanding and compliance in patients with chronic diseases such as diabetes, including older adults like Sarah. In this method, the healthcare provider asks the patient or caregiver to repeat back the information or instructions that have been given to them in their own words. This process confirms that the patient has understood the information and can perform the task correctly, and also helps identify any misunderstandings that can be corrected in real-time (Nas et al., 2021).

The nurse should also take into account the patient's social and cultural beliefs and limitations. Effective communication practices should help patients and their families understand the potential risks and benefits of the treatment plan, as well as any potential limitations of the healthcare system. The nurse should also use clear, concise language and avoid medical jargon to make the information more easily understood by patients and their families, regardless of their language, abilities, or educational level (Veilleux et al., 2020).

To ensure that the communication strategies used are ethical and inclusive, the nurse should be aware of and respect the patient's beliefs, values, and cultural background. They should also ensure that they are sharing only information that is permitted under data privacy rules, and that they are promoting honest communication with patients and their families..

Another important aspect of communication is to consider Sarah's perspective in developing her treatment plan. The nurse should provide empathetic patient care and understand her social and cultural beliefs to develop a personalized treatment plan.

Additionally, the nurse should utilize communication techniques that help her understand the limitations of her healthcare institute, the potential risks associated with her current health status, and the various routes that she can take for effective treatment. This approach can help ensure that she feels heard and valued, ultimately contributing to her overall well-being (Moudatsou et al., 2020).

A strategy that could be targeted to promote understanding of complex medical concepts for Sarah and her family is the use of plain language and visual aids. Research has shown that the use of plain language, which involves using clear, concise language that is easy to understand, can improve patient understanding of medical concepts and increase compliance with treatment plans (Sagi et al., 2021). Additionally, the use of visual aids, such as diagrams or illustrations, can help to make complex medical concepts more understandable and accessible to patients with different language abilities and educational levels (Trevena et al., 2021).

### **Value and Relevance of Resources**

Evidence-based methods are crucial for developing patient care solutions that work. According to the research, one of the most effective strategies is informing people with chronic health issues, like diabetes, about how serious their conditions are. The current state of patients' health is influenced by a variety of factors, including, lifestyle decisions, and personalised patient factors. These factors include dietary choices, lifestyle habits, patients' non-compliance, and inability to prioritize their health.

For diabetic individuals, whole grain and organic vegetables and fruits are crucial nutritional therapies, according to Sharma et al. (2020). Lifestyle changes, including active living and regular exercise, are also important interventions. In addition, diabetes self-management education programs (DSME) are recommended interventions for patients with diabetes, as identified by the American Diabetes Association. DSME programs promote

healthy eating patterns, encourage patients to monitor their food intake, maintain an active lifestyle, and achieve body weight goals. Patients are encouraged to achieve individualized glycemic, lipid, and standardized blood pressure goals, and to be aware of potential complications associated with diabetes. In implementing therapies for any persistent health issue, it is important to consider the patient's involvement (Hailu et al. 2019).

The use of evidence-based interventions and patient education is supported by the literature. For example, a systematic review by Mikhael et al. (2020) found that DSME programs were effective in improving glycemic control and quality of life in patients with type 2 diabetes. Similarly, a study by Oka et al. (2019) found that individualized dietary and lifestyle interventions were effective in improving glycaemic control in patients with type 2 diabetes. These studies highlight the importance of patient education and tailored interventions in managing chronic health problems like diabetes.

### **Conclusion**

The study introduces a patient-centered Concept Map for managing diabetes and recommends interventions to improve patient health. Self-management is crucial for chronic conditions like diabetes, and communication strategies like talk-back have been shown to be effective in addressing patient concerns. The study provides specific recommendations for implementing these strategies.



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