**Case Study:**

**Mrs. Noura is 55-year old widow female. She is a known case of rheumatoid arthritis for 10 years. She lives by herself since her husband passed away 2 years ago. Mrs. Noura does not have an economic support. The patient is emotionally affected due to upper extremities deformity.**

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| Nursing Diagnosis = health problem (NANDA) | Planning | Nursing intervention | Evaluation |
| Impaired ADLs (activities of daily livings) and the physical mobility, due to joint pain and stiffness | * Improve the independency and ability to perform ADLs * Patient will be less fatigued and more active. | * Emotional support. * Assisting the patient in performing the ADLs. * Encourage the patient to take the prescribed pain medication before starting any activities. * Refer the patient to the social worker to provide wheelchair, cane or a private nurse. | Assess the patient`s ability to ambulate and to perform  her ADLs.  Patient will have assistive devices if needed  Patient will have economic support. |
| Self-care deficit (self-hygiene, dressing, toileting, grooming, bathing, and feeding) related to stiff joints and fatigue. | * Increase the patient`s independency in self-care. * Patient will have a high self esteem | * Provide help in (hygiene, toileting, grooming, bathing etc.). | The patient`s appearance is appropriate,.  Patient`s self-esteem is improved. |
| Low self-esteem related to loss of independency also due to change in body image. | * Help to improve the patient | * Train the patient how to become more independent. * Emotionally support the patient. * Help the patient to cope with the disease process. * Help the patient to accept the changing in the body image. * Allow the patient to meet other patients with the same disease. |  |
| Imbalance nutrition less the body requirement due to fatigue and inadequate food intake. | * Improve the nutrition status of the patient. * Patient with be provided with required food. | * Refer the patient to the dietician. * Ask the patient what are the food she prefers. * Nurse might consider change the look of the patient`s food. | Patient`s weight is improved.  Patient`s general health is better. |
| Low self-esteem due to loss of the spouse (husband) | * Help the patient to cope the new life style. * Emotional support. * Encourage the patient in preferred social activities. | * Allow the patient to express her feelings freely. * Encourage the patient in activities like: shopping, reading books, changing the physical appearance (hair style, GYM, or nail care). | Patient is actively involved in different activities.  Patient will better accept the reality of losing the spouse. |