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Older adult with Transtrochanteric Fracture-Nursing process based on Virginia Henderson

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Statement of the Problem: The increase in the elderly population is imminent and with it the increase in hip fractures, making it essential to use the nursing process to provide specialized and comprehensive care. Objective: To provide comprehensive care based on the nursing process to an older adult with a diagnosis of left hip transtro-chanteric fracture by the Traumatology service. Methodology & Theoretical Orientation: The nursing process was carried out, applying an assessment based on the basic needs of Virginia Henderson and extracting data from the electronic clinical record. The nursing process was applied to the 4 priority diagnoses using the North American Nursing Diagnosis Association (NANDA), Nursing Interventions Classification (NIC) and Nursing Outcome Classification (NOC) nursing taxonomies. The evolution of the older adult after 5 days of applying the interventions was evaluated. Findings: Virginia Hernderson’s basic needs, food and drink, movement, resto and sleep, body cleansing and security of the environmental were altered; identifying nursing diagnoses, impairment mobility, risk of falls, acute pain and risk of infection. Subsequently, four care plans were developed with nursing interventions aimed at controlling immobility, activity and exercise, pain management, prevention of falls and infection. Conclusion & Significance: Through the nursing process visible improvements were achieved in the elderly.

Nursing diagnoses and interventions in patient with a transtrochanteric fracture of the left hip.			
Need 4 Movement	Need 4 Movement	Need 9 Safety of the environment	Need 8 Body cleansing
Nursing diagnosis (NANDA): Acute pain (00132) r/c Injurious agents physical m/p expressive behavior, facial expression, observation of evidence and verbal report of pain.	Nursing diagnosis (NANDA): Impairment of physical mobility (00085) r/c loss of integrity of bon structures, pain, intolerance to activity, physical deterioration, reluctance q initiate movement and discomfort. M/p difficulty turning, limited range of motion, postural instability and changes in gait.	Nursing diagnosis (NANDA): Risk of falls (00155) r/c use of assistive device, antihypertensive agents, difficulty in walking, impaired balance, impaired physical mobility, and postoperative status.	Nursing diagnosis (NANDA): Risk of infection (00004) r/c chronic disease, inadequate primary defenses, invasive procedure and trauma.
Outcome (NOC): Pain control (1605).	Result (NOC): Mobility (0208).	Outcome (NOC): Fall prevention behavior (1909).	Outcome (NOC): Risk control: infectious process (1924).
Interventions/activities (NIC): Pain management (1400) Administration of analgesics (2210)	Interventions/activities (NIC) Help with self-care: transfer (1806) Exercise therapy: Ambulation (0221)	Interventions/activities (NIC) Fall prevention (6490) Exercise therapy balance (0222)	Interventions/activities (NIC) Infection control (6540) Protection against infection (6550)
Figure 1: Needs of Virginia Henderson, diagnoses and nursing interventions applied in a patient with transtrochanteric fracture of the left hip.			

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Recent Publications

1. World Health Organization. Aging and health. 2018; (a single page).
2. National Institute for Older Adults. Statistics on Older Adults in Mexico. 2016; (a single page).
3. Palomino L, Ramírez R, Vejarano J, Ticse R. Hip fracture in the elderly: the ignored epidemic in Peru. medical certificate Peruvian. 2016; 33(1): 15-20
4. Lovato Salas F, Luna Pizarro D, Oliva Ramírez SA, Flores Lujano J, Nuñez Enríquez JC. Prevalence of hip, femur and knee fractures in the High Specialty Medical Unit Hospital of Traumatology and Orthopedics "Lomas Verdes" of the Mexican Institute of Social Security. Mexican Orthopedic Act. 2015; 29(1):13-20

Biography

Z L Rodríguez-Hernández graduated in nursing and master's degree in nursing from the Universidad Autónoma de Coahuila, obtaining the first place in achievement in the master's degree. She has been the author and collaborator of various research articles, as well as book chapters and participations in multiple national and international research conferences. It has the distinction of the Presea Lobo 2020 in the category of Academic Activities by the Universidad Autónoma de Coahuila and the medal "Juan Antonio de la Fuente" as an outstanding student of the University. Active member of Sigma Theta Tau International, Honor Society of Nursing; Chapter Tau Alpha and the Red de Enfermería en Salud del Adulto Mayor.

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