

Care Plan

Name

Instructor

Institution

Location

Date of Submission

Introduction

A care plan can be expounded on as an agreement between a patient and his/her health professional that is specifically aimed at ensuring that the patient is assisted in managing his/her health on daily basis. The care plan can either be written down or recorded in the patient notes. This paper presents a care plan for Abby who was a 76 year old Ojibwa woman.

Communication: Family and patient

At any given time, it is crucial that the patient together with family are kept informed about their condition as well as the intervention options that are available to them. On the other hand, in case the patient is not in a position to make decisions pertaining to the intervention methods to be used, the family of the patient has the responsibility of making the decision. In case of Abby, it is important to point that Mary her daughter should be the one who should be left to make decisions regarding the treatment of her mother since apart from the fact that she is a professional nurse, she clearly understands the wishes of her mother.

Treatment options

In case of Abby, there were two main options when it comes to her treatment, she either subscribes fully to the concepts of modern medical treatment or she fully embraces her cultural beliefs and hope for a divine intervention. Nevertheless, in order to offer holistic nursing, it is vital that the cultural beliefs are accommodated to any treatment that is administered to the patient. Thus, while modern treatment would

have been administered to Abby, some of the cultural beliefs would have to be integrated to the treatment (Jackson and Chapleski,2000).

Education: Family and Treatment

In Abby's case, information plays a dramatic and subtle role. Indeed, it is dramatic due to the fact that the story there seems to be a conflict between the traditional way of dying and the modern way of dying. Thus, it is vital for the family of Abby to understand that they need to establish a balance between the two in order to ensure that the wishes of Abby are fulfilled.

Role of the family

During the treatment process, the family will be responsible for making the decisions on the treatment to be administered to Abby as they are aware of what she wants most. The reason for that is due to the fact that she is suffering from Alzheimer disease implies that she is not in a position to make decisions pertaining to treatment on her own. In addition to that, it can also be pointed out that the family of Abby is also responsible for ensuring that Abby receives quality treatment. Finally, the family also has to explain to Abby the treatment that has been administered to her.

Spiritual beliefs

The spiritual beliefs of Abby should not be overlooked during the treatment process. Thus, Abby's family should ensure that the intervention that is administered to her incorporates her spiritual beliefs.

Barriers

The main barrier to the discussed care plan can be explained to be the existing differences among the family members since on one hand; there are some family members who are in support of modern treatment only while on the other hand, there are others who are in support of a treatment approach that incorporates Abby's cultural beliefs.

Cultural Responses

It is obvious that there will be major differences between the modern treatments and cultural based treatments. In order to ensure that these differences are effectively addressed, it is crucial that the family members are involved in the development of the care plan (Leininger, 1991).

References

- Jackson, D. D. & Chapleski, E. E. (2000). Not traditional, not assimilated: Elderly American Indians and the notion of cohort. *Journal of Cross Cultural Gerontology*, 15, 229-25
- Leininger, M. M. (1991). *Culture care diversity and universality: A theory of nursing*. NewYork: National League for Nursing Press.