

Physical and Cognitive Development in Late Adulthood

Student's Name

Institutional Affiliation

**Concept Map Narrative**

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## **Introduction**

A concept map refers to a tool which is observable and vital in showing the planned care of a patient. The suitability associated with concept map is that the treatment team of the patient may evaluate the progress of a given patient which help in establishing changes in the plan in a scenario where the need arises (Flanders, 2018). The concept map was created for Dourine who has European as well as Native American descent and is 40 years. Dourine, a mother of a son eleven weeks old, had been diagnosed with gestational diabetes during pregnancy. Due to this situation, the concept map was planned with the aim of tackling the issue facing Dourine and entailed her education issue, cultural barriers towards comprehending the danger factors affecting Dourine and the involvements to enhance her conformity to the care plan that was prescribed.

## **Patient's Needs and Their Family, and the Manner Those Needs Affect Patient-Centered Concept Map**

During the interview, Dourine stated that she was provided with insulin by her gynecologist to regulate blood glucose during pregnancy. Dourine is significantly prejudiced by her background of Native American and discussed with her mother about is over its usage. Her mother then presented with the elders the same case. The decision that was made was that Dourine should stop using insulin or should completely stay away from any hormone that is laboratory produced. Dourine decided that she must settle on healthy food and exercise. In this situation, Dourine does not have the knowledge she had a high chance of being affected by diabetes mellitus in the future which would be contributed by her ancestry. It would be necessary for educating Dourine about the signs and symptoms of hyperglycemia as well as how to manage it. She also requires education involving the recommended levels of blood glucose. This would

help in ensuring that the adherence of Dourine with medication there would be a discussion about the economic state that she had.

### **Justification of the Relevance and Value of the Used Evidence as a Concept Map's Basis**

Following the utilization of Evidence-based practice (EBP), Dourine's health condition would enhance since it had been proven it allows the providers of healthcare in developing a care plan to the needs of the patients and their cultural beliefs. EBP usually is based on the use of critical thinking and the experimental facts and the experience level of the healthcare provider (Grove & Gray, 2018). The main problem regarding Dourine's issue of the unbalanced degree of blood glucose is related to lack of corresponding to medical treatment. The elder in the society where Dourine comes from does not support the use of insulin as a way of therapy. Therefore, the cultural needs of Dourine appear being an essential factor during setting up the best method for treating the hyperglycemia issue that she was facing.

Furthermore, to make sure that Dourine handles the situation she is experiencing, it is crucial to focus on her coping that is ineffective which is illustrated by lack of social support and less sleep. Being a single mother who has no social support, one stands at a high risk of weak coping related to less sleep and stress (Jones, Fraley, & Mazzawi, 2017). Dourine should be motivated so that she gathers an effective system of support from her friends and family.

### **Propose Measurable and Relevant Criteria for Assessing the Level to Which the Desired**

#### **Results of the Concept Map Were Attained**

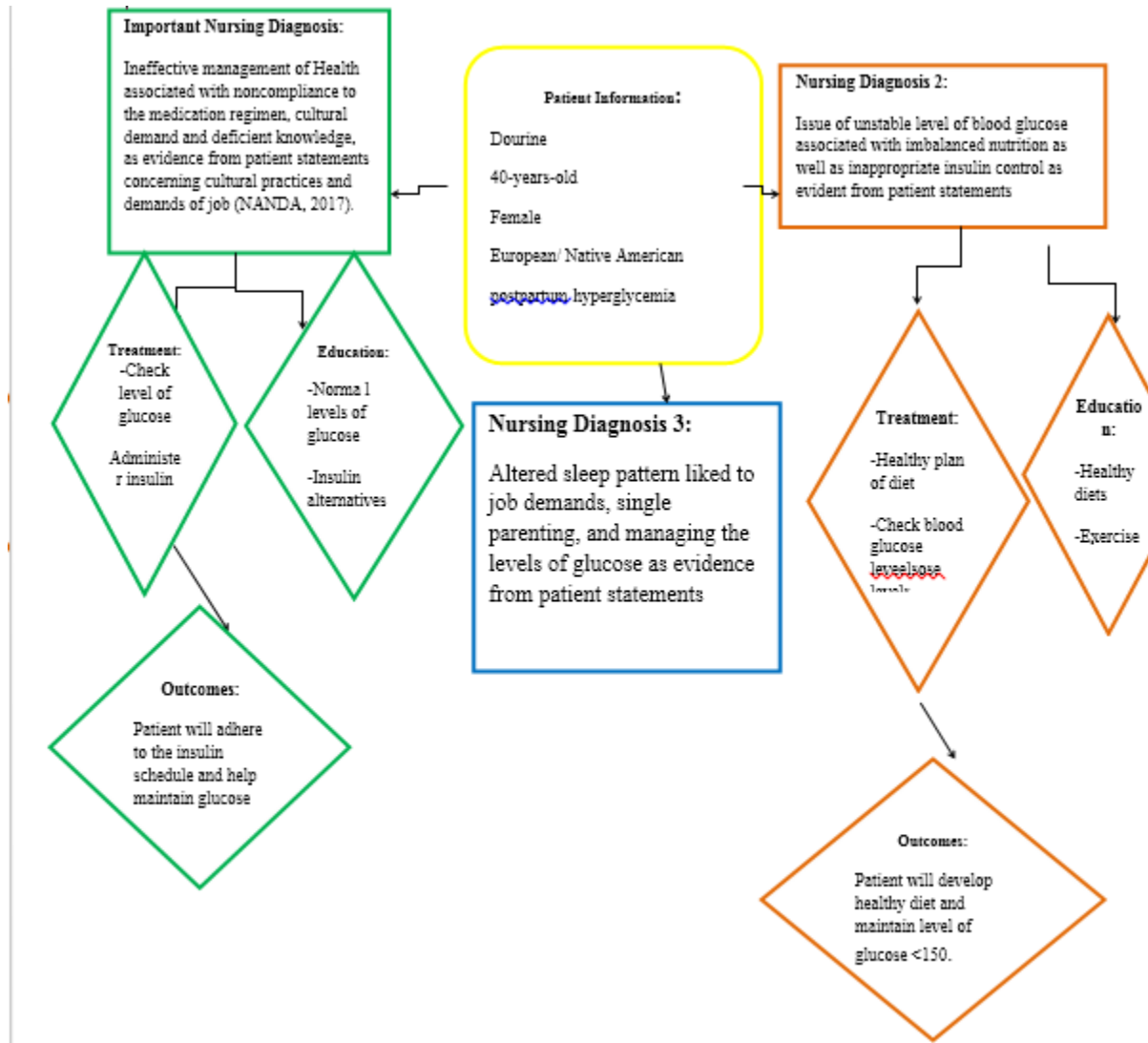
To enhance the health maintenance of Dourine, it is significant for Dourine to continuously check the level of blood glucose that she has a minimum of five times daily through the usage of glucometer which she was provided with during the pregnancy period. The

anticipation behind regular checking of the level of blood glucose is making sure that the increased blood glucose of Dourine does not rise to 120mg/dL and that her blood glucose at postprandial does not rise above 175mg/dL. Therefore, as a way of ensuring that Dourine is making use of the glucometer as she has been directed, she should be asked to record her level of blood glucose. The results would then be taken to the hospital for follow up purpose.

### **How to Communicate Particular Concept Map's Aspects to the Patient and Their Families in a Sensitive, Inclusive and Ethical Way**

It is fundamental that Dourine should meet with her provider of healthcare in ensuring that the concept map that she used becomes comprehended. The central aspect that the provider of health care requires to have in mind is the background and the family of Dourine. Dourine's communication which she demands to be given regarding diabetes management should be clear and open. Open-ended questions should be evaluated by economic, cultural and educational needs (Hain & Kear, 2015).

### **The Concept Map**



**Conclusion**

The usage of the concept map requires helping in the comprehension process of disease progression that Dourine is experiencing, the risk aspects and diabetes adherence. The utilization of a holistic approach in Dourine’s health care will allow for the creation of a relationship with the healthcare provider. Finally, considering the socio-economic, learning capability, the cultural, and ethical background of Dourine will require ensuring that there be compliance and comprehension to the planned care that has been prescribed.





## References

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