

A nursing experience of caring a patient with Coronavirus Disease

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Background

The ongoing coronavirus disease-2019 epidemic continues to have a global impact. It is mainly caused by respiratory symptoms. The route of transmission is respiratory droplets and contact infections. It mainly adopts symptom-supportive therapy to control changes in the condition and prevents complications. This article describes the author's experience providing nursing care to a female patient who was diagnosed with COVID-19. Due to the tight medical capacity, she was transferred to a special ward of a hospital in a non-residential area for treatment. During the isolation, she was not accompanied by her family. Facing the disease, treatment response, and unfamiliar environment alone, she developed anxiety and fear of losing. In addition, the nursing standard process is new, and there is only suspected nursing experience, so the author's motivation for writing is triggered. Author used Watson's human caring theory to perform holistic physical, psychological, and social nursing assessments and collected health-problem information using face-to-face interviews and observations via a remote monitoring system and meet the needs of care through the concept of humanized care and care need. Using this experience and practical and professional knowledge to improve the quality of life of the case and provide a reference for clinical care of nursing colleagues.

Methods

Patients with ineffective breathing pattern, anxiety, and social isolation problems, apply Watson's humanistic care theory, encourage the expression of self-feeling through active care, and establish a nurse-patient relationship; teach deep breathing and coughing skills, pout breathing and pulmonary rehabilitation exercises to facilitate lung expansion and relieve shortness of breath, and use mobile games, music and essential oils to relieve social isolation and anxiety; give moderate autonomy so that patients can participate in the treatment process and jointly study. Develop a consistent and positive care plan that provides a supportive, protective, corrective environment that includes psychological, physical, sociocultural, and spiritual dimensions.

Results

This article discusses the isolation treatment and care experience of a patient diagnosed with new coronary pneumonia. The patient is facing uncertainty about the disease. The impact of the infection is very great, and the fear of discomfort and threats brought by the disease is very important. At this time, care and companionship are more needed. During the nursing process, it is found that patients have problems with inefficient breathing patterns, anxiety, and social isolation. Apply Watson's humanistic care and care theory to establish a good therapeutic relationship with empathy, active care, and listening. Patients feel in their hearts, encourage to participate in the treatment process, increase autonomy, and reduce their anxiety. In addition, smartphones have become a part of life today. For isolated patients, music is an easy-to-obtain resource, and through communication Software video care guides the case to face the disease with a positive attitude, uses the multimedia health education system to let the case understand the importance of isolation and protection, and the key points of disease care, uses essential oils to relieve anxiety and improve mood, so that the case can face the disease with confidence and Reduce negative feelings of isolation.

Conclusions

Based on this experience, it is recommended to arrange moderate physical activities in a limited space, and through living Promote patients' sense of positivity through activities, encourage patients to reduce negative feelings of social isolation, apply intelligence, and influence. Audio-related facilities assist nursing care, reducing people's anxiety about diseases. expect to take this Nursing experience provides a reference for future care in the face of emerging infectious diseases.

