

Holistic Perspective of Care

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A medical practitioner cannot determine the need for a heart transplant through taking a patient's pulse. He or she must conduct a holistic examination of the patient to comprehend the condition that he or she may be suffering. For instance, a heart surgeon would never determine whether there is a need for a heart transplant by periodical pulse measurement. It is evident that one cannot understand the overall health of a patient by examining one health criterion (Arcangelo & Peterson, 2013).

The case of an 11 year old boy with asthma will be considered. Asthma is a condition that affects the airways that carry air to and from the lungs (Lemanske & Busse, 2010). The victims of asthma find it difficult to inhale and exhale. This is because of their asthmatic condition. Asthma makes airways to swell or develop an inflammation. One factor that would have the most significant impact on the patient's health and quality of life is environment, including work, school, community and family (Hartley, 2007).

The additional health risks or concerns that would be applicable to the 11 year old asthmatic boy may include atopic condition such as eczema, hay fever or a food allergy. The child may also develop lung infections (McGowan et al., 2010).

The possible options for preventing asthma in children are through the use of stepwise approach that corresponds to the patient's classification. The step studies the manifestation of asthma in the patient and advocates that dose and number of medications and frequency of administration should increase as the situation dictates (McGowan et al., 2010). In the second option, the child should also restrain from asthma predisposing factors. He or she can change the environment, food or lifestyle. I would determine the most appropriate option for the patient through assessing the causative factors. The nurse can select the appropriate treatment option that

corresponds to the patient's symptoms. The nurse writes a prescription that contains different dosages and the circumstances of increasing and decreasing such dosages (Lifshitz, 2009).

In conclusion, it is essential to comprehend the holistic aspects of a patient's health in order to provide a patient with accurate and effective care. This may require the analysis of many health factors, including lifestyle, gender, and socioeconomic status. Advanced practice nurses can provide patients with appropriate care through effective synthesis and analysis of coherent factors that affect a patient's health.

References

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