

Theory Application Paper: Gerontological Nursing Essay

Introduction

Newborn children are usually exposed to an increased number of painful procedures including heel lanceet, suctioning, and venepuncture as part of their custom care within a neonatal intensive care unit (NICU). This condition is painful considering the kind of pain these young beings are exposed to at such a tender age. However, the procedures are beneficial and cannot be avoided, but professionals can improvise to reduce the adverse effects. It is believed that about 10% of neonates are subjected to over 300 painful procedures within the first few weeks of their lives (Matar et al., 2016). Therefore, it is crucial to ensure prevention of pain because it is expected ethically, and if the pain in the newborn is not treated, it could lead to increased morbidity, extended hospitalization, as well as adverse health outcomes. The purpose of the paper is to show the need to improve the treatment procedures of neonates using the Kolcaba's comfort theory which involves administering sucrose before performing the painful procedures.

Nursing Situation

Throughout the career of a nurse, the effect, as well as timeframe of a disease, is known due to several encounters with different patients and the results of their diagnosis. Nurses are expected to learn as well as build up on every case they handle to ensure continuous improvement in the care they provide. I helped a woman deliver a premature baby due to complications. The child had to be taken to the NICU where many tests had to be done for the doctors to know the kind of difficulty to treat (Born et al., 2004).

Several tests conducted include a blood test, breathing and heart rate monitor, fluid input and output, eye exam, echocardiogram, and ultrasound. It was painful to imagine conducting all these tests on a young baby. If the infant develops other complications, there are specialized tests that are done as well. The baby was treated and later placed in an incubator to promote its growth and development. I advised the mother on an effective way of carrying her child immediately he is removed from the incubator. This technique is known as the Kangaroo care where she was to hold the infant very close to the skin.

Besides, we monitored the child's vital signs by taping sensors to his body. This procedure was primarily to check the blood pressure, temperature, breathing, and the heart rate. We used a ventilator to assist the infant in breathing. It was a lengthy procedure which seemed painful to the neonate. However, after several weeks the child was discharged and taken home by the family. It was a happy moment as I saw the smile on the mother holding her baby.

Middle Range Theory

Comfort is a fundamental requirement of everyone for ease, relief, or transcendence as a result of healthcare conditions that are stressful. Comfort can improve the behavior of people in seeking health, as well as their family members and nurses. Therefore, Kolcaba's theory of comfort is the best suited for this phenomena (Kolcaba, 2001). It aims to ensure comfort in the process of treating

Nursing Theory Application Paper

Melanie McEwan, Evelyn M. Wills



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