

**NRS-460 Benchmark - Case Study: Timothy Smith - Medical Surgical Unit**

Student Name

Program Name or Degree Name (e.g., Bachelor of Science in Psychology), University

COURSE XXX: Title of Course

Instructor Name

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## NRS-460 Benchmark - Case Study: Timothy Smith - Medical Surgical Unit

### Part I: Health History and Medical Information

#### Patient Background:

- **Name:** Timothy Smith
- **Condition:** Recent extubation from a ventilator, confusion about days and nights, restlessness.
- **Medical History:**
  - Active military service
  - Post-traumatic stress disorder (PTSD)
  - Depression
  - Smoking and recreational drug use

#### Current Status:

- Recently extubated
- Weaned from the ventilator
- Confusion about day/night cycle
- Restlessness

#### Family and Support System:

- Mother is actively involved and present in the ICU

- Mother is involved in care decisions

### Critical Thinking Table

Criteria	Evaluation	Conclusion
Medical History	History of PTSD and depression; smoking and drug use could complicate recovery.	Consider psychological and addiction support.
Current Symptoms	Confusion about day and night, restlessness—possible signs of delirium or withdrawal.	Monitor for delirium and manage withdrawal symptoms.
Recent Procedures	Recently extubated and weaned from ventilator—assess for respiratory status and possible complications.	Ensure proper respiratory support and monitoring.
Family Involvement	Active family support, especially from mother, which is beneficial for care and decision-making.	Engage family in care plan and provide updates.
Psychological Factors	PTSD and depression may affect recovery, behavior, and compliance with treatment.	Integrate mental health support and counseling
Substance Use History	History of smoking and recreational drug use could impact recovery and increase complications.	Address substance use in care planning.

### Conclusion

Based on the evaluation:

- **Manage Symptoms:** Focus on managing potential delirium and withdrawal symptoms due to his recent extubation and history of substance use.
- **Provide Support:** Integrate psychological support to address PTSD and depression.
- **Engage Family:** Utilize the active involvement of his mother to support care decisions and provide updates.
- **Monitor for Complications:** Continuously monitor for respiratory complications and overall recovery progress.

#### **Enhanced Understanding of Disease Management:**

- The evaluation covers Timothy Smith's complex condition, including his medical history, current symptoms, and recent procedures. It addresses how his PTSD, depression, and substance use might impact his recovery.

#### **Clinical Manifestations and Treatment Protocols:**

- The response considers symptoms such as confusion and restlessness, which may indicate delirium or withdrawal. It also emphasizes the need for monitoring respiratory status post-extubation and managing psychological issues.

#### **Impact on Patients Across the Lifespan:**

- The evaluation considers how Timothy's background, psychological state, and substance use history could affect his recovery and care. It includes the role of family support in the care plan.

Recommendations for Enhancement

- **Detail Specific Treatments:** Provide more specific recommendations for managing symptoms, such as particular interventions for delirium or substance withdrawal.
- **Include Monitoring Strategies:** Specify how often to monitor respiratory status or psychological symptoms.
- **Address Long-Term Care:** Consider long-term management strategies for PTSD and depression, especially if relevant to his recovery post-hospitalization.

**NRS-460 Benchmark - Case Study: Timothy Smith - Medical Surgical Unit Directions:**

Read the case study below. Evaluate the information and formulate a conclusion based on your evaluation. Complete the critical thinking table and submit the completed template to the assignment dropbox. It is necessary for an RN-BSN-prepared nurse to demonstrate an enhanced understanding of the complex management of disease, the clinical manifestations and associated treatment protocols, and how they impact patients across the life span. PART I: Health History and Medical Information Evaluate the health history and medical information for Timothy Smith, presented below. Upon arrival to the medical-surgical unit, you are assigned as Mr. Smith's primary care nurse. It has been reported that the patient started confusing his days and nights and becoming restless. Once his family was identified in the Intensive Care Unit (ICU), his mother was an active visitor and helped with care decisions. She notified his care team that Timothy was an active military service member with a history of post-traumatic stress disorder (PTSD) and depression, which have led to smoking and recreational drug use. Two days prior to arrival to the med-surg unit, Mr. Smith was extubated from the ventilator and has been weaned