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**Individualized and feasible nursing interventions for patient with systemic sclerosis accompanying Raynaud's phenomenon and digital ulcers****Ssu-Ya Liao and Chia-Hui Liao**

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Systemic Sclerosis (SSc) is a rare auto-immune disease involving arterioles and small and medium arteries of the peripheral circulation. Raynaud's Phenomenon (RP) is the earliest and the most common manifestation of vascular abnormalities in SSc patients and Digital Ulcers (DUs) are a severe complication of RP. The peripheral limbs tend to demonstrate ischemic ulceration gangrene, if not under appropriate treatment, it will be a medical emergency. To give the individualized nursing interventions for patient with SSc accompanying RP and DUs is very important, but it is difficult to implement in clinical setting. This report was to assess an individualized nursing intervention for SSc patient with the kind of condition. We conducted the comprehensive assessments including physical, mental, social and spiritual dimensions from October 16, 2013 to December 9, 2013. In the nursing period, health issues included impaired tissue integrity, change of ability to maintain health and powerless. Individualized and feasible nursing interventions were implanted along with integrated health resources and disease related knowledge; in order to control infection, heal the wound, elevate health, maintain ability and decrease powerless. Not only helping the subject to positively face the threats from disease, but also enhance self-care ability about the disease and its complications. Continuing follow-ups after discharge were aiming to help building appropriate health promotion behaviors and increase quality of life. The results indicated the individualized nursing interventions were feasible to care SSc patients with RP and DUs. These data are believed to be helpful to the nurses while taking care of older patients suffering from schizophrenia for reference. Our suggestions could provide a good reference for future cases.

**Biography**

Ssu-Ya Liao is a Nursing and Health Sciences student at National Taipei University, Taiwan. She is also a full-time RN at Taipei Veterans General Hospital and has a working experience of 12 years.

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