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Nursing diagnosis and some physiological signs and their changes during the arterial hypertension in Mongolia

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Purpose: To define the relation between nursing diagnosis and some physiological (hemodynamic) changes during arterial hypertension.

Methodology: We prepared questionnaire about 5 steps of nursing activities for completing by nurses, who work in the district hospitals and family health centers and we collected information from this. We used SPSS17 program for analyzing results of survey.

Results: Nurses provide just the nursing assessment stage by defining complains, and symptoms and nursing planning, implementation stage, but not complete sufficiently the nursing activities by nursing diagnosis. During the study collected from the nursing chart and nurses notes we defined that nurses diagnosed in 57.4% of patients with arterial hypertension edema, in 43.3% dyspnoea, in 14.6% chest pain, in 5.9% palpitation, in 1.4% cough, in 1.5% bleeding from nose, in 1.5% confusion, 1.5% restricted movement. It shows that nurses mostly diagnosed some hemodynamic changes during the hypertension. During the study collected from the hospitals chart patients' and nurses notes we determined that nurses diagnosed by asking questions in 21.7% of patients with arterial hypertension dyspnoea, in 63% chronic headache and posterior neck pain, in 17.2% blurring vision, in 17.2%, in 8.7% fatigue, 11.3% anxiety, 17.2% sleep disorder.

Conclusion: It is understandable that, nursing diagnosis based on subjective and objective methods of patients' assessment. Assessment made by asking questions, physical examination of patients with arterial hypertension mostly defined symptoms of functional dysfunction of cardiovascular system like dyspnoea, edema, chest pain, peripheral cyanosis, hypertrophy left ventricular and these symptoms can be theoretical and methodological aspects of nursing diagnosis. Symptoms, first and secondary risk factors of arterial hypertension defined by laboratory investigations, asking questions, physical examination (increased level of blood sugar, cholesterol, triglycerides, decreased level of LDLP, increased systolic and diastolic blood pressure).

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