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Nursing care experience of acute pulmonary edema induced by pre-eclampsia in intensive care unit

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Gestational hypertension with pre-eclampsia or eclampsia is a pregnancy disorder causing variable maternal and fetal problems. In some cases, it may threaten the survival of both mother and baby. It is also in the first place of maternal death. We summarize a case who is a 32-week pregnant woman with pre-eclampsia due to chronic hypertension. The pulmonary edema led to acute respiratory failure 48 hours after delivery. The patient was admitted to our medical intensive care unit after emergent intubation. The nursing period lasted from May 6th to May 11th, 2016. During the nursing process, through observation, interviews and the help of the assessment tool of Gordon 11 functional health patterns, the patient was diagnosed with the following problems: Gas exchange dysfunction/ventilation caused by low alveolar capillary, anxiety/poor understanding of disease progression, poor self-care/disease knowledge, etc. Through literature review, we apply individual nursing process to the patient for weaning from mechanical ventilation, such as deep breath, cough and abdominal breathing exercise. We aimed to reduce the anxiety by caring, listening, encouraging the patient and giving enough time for family accompany. We used motivational interviews to develop the disease knowledge, motivation of blood pressure control, self-care establishment and self-esteem reinforcement. The patient was extubated successfully in the end with improvement of disease knowledge and blood pressure control skills.

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