

## **Introduction:**

*Please introduce yourself to the class. Tell us a bit about your family, your interests, and whatever else you want to share.*

Hello Professor Hill and Classmates,

My name is Celina. I graduated with my RN from Eastern International College located in NJ, in 2015. Since then I have been working in New York as a Home Therapy Coordinator, which consists of managing home hemodialysis and peritoneal dialysis patients. I also work part-time in New Jersey with the same position, however, for a different dialysis company. I also work nights as a pediatric home care per diem nurse. Aside from my very busy and hectic schedule, I love to spend my free time (usually weekends) with my family as much as possible. I come from a family of five which includes my mom, dad, older brother, and younger sister. Four out of five of my family members are also registered nurses. As for hobbies, I promised to myself to go to the gym at least twice a week to work up a sweat. Other than that,

I really enjoy movies and viewing makeup tutorials on YouTube. The power of makeup really interests me and it is what I like to play with when I get some "me time". I am excited for the next 8 weeks. I wish everyone good luck!

Celina Pamplona

I would further assess Maria's emotional, psychological, socio-cultural, and spiritual information. This information will allow a better understanding of Maria as a whole by identify if Maria has any support, how she copes, and cultural beliefs regarding medical care, and spiritual practices that limit or help her in her life. Additional information I would like to gather from Maria would be a detailed health history and a physical assessment. This would include past medical history and family health history. Also, I would want to further assess her diet, this will identify what foods she enjoys and what she eats when she in a rush and has little to no time to cook.

Maria's actual presenting problem is stress related to her busy schedule and family responsibilities as evidence by 14-pound weight gain and less than 6 hours of sleep per night. She is in potential risk for obesity, heart disease, diabetes mellitus, hypertension, and many more that is a result of stress overload and weight gain.

Considering Maria's Hispanic culture is important because it allows a better understanding of her heritage's view on illness and common remedies in their culture. "For example, a Hispanic person with a respiratory infection may take the antibiotics prescribed by a physician or nurse practitioner and herbal teas recommended by a curandero and may say prayers for healing suggested by a Catholic priest" (\_\_\_\_\_). She stated that she enjoys her heritage's food with her family. Being culturally sensitive and understanding her beliefs, moral, and values will allow a realistic individualized plan to be develop regarding her health and care.

Maria's health risk that I have selected is the risk of obesity since she has gained 14-pounds since the start of nursing school. A reasonable short-term goal is for Maria to demonstrate