

- Create a short case scenario involving a MSN-prepared nurse providing health promotion and preventive education for a client regarding health concerns involving one of the body systems discussed during this week's lesson.
- Describe the health promotion model or concepts that you would apply in this situation and why.
- Identify two variables that would influence the health promotional efforts and explain the impact of each.
- Explain how competency in advanced physical assessment, pathophysiology, and pharmacology will facilitate the health promotion process.

**Case Scenario:** Mr. Smith is a 44-year-old Caucasian male with a recent history of accidental leg injury related to a biking accident. Status post-surgical tendon repair, he is now requiring a wear a leg brace for 4 weeks that is only permitted to be removed for bathing until his next follow up appointment with the surgeon. Mr. Smith reports that since he was diagnosed as pre diabetic he began biking for exercise. The accident occurred when he hit a pothole, lost control of the bike, fell, and tore his Achilles tendon.

Medical history includes:

- Obesity (Height 5 ft. 8 in., Weight 210lbs, BMI 32)
- Prediabetic (newly diagnosed in the last 6 months) patient reports his primary doctor recommended weight loss and diet changes at this time.

Surgical history includes:

- Achilles Tendon Repair
- Appendectomy at age 9.

Psychosocial history:

- Nonsmoker
- Drink's alcohol on occasion (once a week)
- Married with 2 teenage children, and extended family lives nearby and reports having a strong support system.
- Disappointed about the accident but expresses optimism for recovery and to get back on track with diet and exercise to address his prediabetes.
- Expresses concerns regarding finances and loss of work.

Allergies: none

Medication: Motrin for mild pain & Percocet for moderate pain

As Mr. Smith is pre diabetic a concern during his recovery period a health concern would be skin maintenance and wound prevention as it related to the use of the brace. The MSN-prepared nurse needs to educate the patient on self-skin assessments, teach best techniques for self-examination and how to perform them, what to look for, how to evaluate healing verses the signs and