

# Linton: Introduction to Medical-Surgical Nursing, 5<sup>th</sup> Edition

## Chapter 2: Patient Care Settings

### Answers to Thinking Cap Questions

#### **Put on Your Thinking Cap!**

If you have a clinical experience in a long-term care facility, interview a resident there. Specifically, ask:

1. What circumstances brought you here to live?
2. What are the benefits and disadvantages of living in this type of facility?
3. What advice would you give to a new resident here?
4. What can nurses do to make it easier for you to adjust to living here?

Discuss the resident's responses in relation to the effects of institutionalization and implications for nurses.

*Did the resident's responses reflect depersonalization, indignity, redefinition of normal, regression, or social withdrawal? Share the resident's suggestions for adjusting to the new residence.*

#### **Put on Your Thinking Cap!**

Identify one thing you can do to achieve each of the following: (1) maintain autonomy, (2) maintain function, and (3) promote independence in:

a. The long-term care facility resident

1. *Autonomy: schedule baths at preferred resident times, have a late night TV room and late breakfast options, encourage residents to choose clothing*
2. *Function: structure the environment to support self-toileting, encourage walking and exercises*
3. *Independence: encourage residents to bathe, dress, and feed themselves as much as they are able*

b. The hospitalized patient

1. *Autonomy: respect patient choices, informed consent, no restraints*
2. *Function: range-of-motion exercises (passive or active as appropriate), pain management*
3. *Independence: encourage increasing self-care as able*