

## **NURSING CARE**

Nursing care for obesity and hypertension care consisted of effective counselling to inaugurate the lifestyle changes. The nursing framework encompassed coordination, leadership, quality improvement, and public health. It had been observed the 52-year aged woman had been suffered for diabetes and obesity. She had diabetes from 9 years and also had faced difficulty in losing weight and also had no motivation. Hence the leadership had to be opted to reinforce the patient motivation (Upadhyay, Farr, Perakakis, Ghaly & Mantzoros, 2018). In order to develop the patient-centered motivation, obstacle elimination plays a pivotal role. The goal-setting had considered as the approach to generate patient motivation which can be implicated in the case of this woman (Croen et al. 2015). It also had been observed the profound insulin doses leads to weight gaining of the patient. Hence the nursing practitioner needs to take the adequate decision on the alternative medication rather than the insulin doses for the patient. Hence it can lead to reducing obesity in the patient.



**(Figure 1: Nursing Framework Model)**

**(Source:** Croen et al. 2015)

Moreover, the embracement of the acquisition health counselling can inspire the patient to be motivated. Hence it can develop the self-care process in the patient. The self-care process ha underpinned as the major criteria t for the patient as she had increased hunger

(Heymsfield & Wadden, 2017). The extensive self-caring process would lead the woman to reduce hunger which can lead the patient to weight loose. Hence it pays the immersive role in developing the health condition of the woman by reducing obesity.

Hypertension is another constructed issue which seemed to be a very severe factor for the patient. Nursing practices in hypertension care-giving process exposed the health counselling to envelop lifestyle changing. The collaboration is the mesmerizing factor to inspire the patient about her health condition. Moreover, the enhanced communication can also lead the patient to reduce hypertension and it can influence her health condition.

## References

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