

Application of Imogene King's Goal Attainment Theory on Patient with Inguinal Hernia

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Abstract: An inguinal hernia, also known as a groin hernia, is a bulge that occurs in the groin area when the contents of the abdomen push through a weak spot in the abdominal wall. The present study reports about Mr. Stanly, 60 years, male, admitted in Kanyakumari Medical College Hospital, Asaripallam with the complaints of abdominal pain and vomiting for one day. He was consulted by chief surgeon and they suspect that the patient may have some infectious disease and they advised to take abdominal scan and perform investigations. The USG abdomen report was a small bulge in the inguinal region at right side and it indicates inguinal hernia. The investigation reports are Hemoglobin 14.4 gm., platelets 2, 41,000 lacks, blood sugar 100mg/dl. Now the Doctor advised to go for the surgery. The patient undergone surgical treatment of open mesh repair hernioplasty under general anesthesia. Then he was treated with inj. ceftriaxone 1 gm bd, inj. pantoprazole 40 mg od, inj. Tramadol 50 mg bd then Iv fluids of RL and NS for 24 hours.

Keywords: Inguinal hernia, Mesh repair Hernioplasty

1. Introduction

A hernia occurs when an organ of the body pushes itself through an opening in the muscle or tissue that is supposed to hold it in place. The protrusion from the abdominal cavity through the inguinal canal is called inguinal hernia. This is the most common type of hernia and affects chiefly men.

The prevalence of the abdominal wall hernia is estimated to be 1.7% for all ages and 4% of those who are over 45 years of age. The inguinal hernias account for 75% of the abdominal hernias with a life time risk of 27% in males and 3% in the females.

Repair of the inguinal hernias is one of the most common operations in the general surgery, with rates ranging from 10 per 100,000 of the populations.

Theory:

Imogene King born in 1923, completed her Bachelor in nursing (1948) and master in nursing (1957) from St. Louis University, completed her Doctorate from teacher's college, Columbia university.

The theory of goal attainment states that "nursing is a process of action, reaction and interaction whereby nurse and client share information about their perception in the nursing situation"

2. Methodology

At the time of my medical ward posting, Mr. Stanly, 60 years, male was admitted in the Kanyakumari Medical College Hospital, Asaripallam with the complaints of abdominal pain, vomiting and diagnosed as inguinal hernia. Vital signs were checked and recorded, pulse – 90/minute and B. P. – 130/90mm of Hg. The patient's name and other particulars were collected on interview method, treatment sheet, continuation sheet, nurses note, 4 hourly TPR sheet as well as input and output chart, patient's drugs were received and administered, Health education was given and reported.

Human being/person:

Is a social being who is rational and sentient, person has ability to perceive, think, feel, choose, set goals, select means to achieve goals and to make decision.

According to King, a human being has three fundamental rights;

- The need for the health information that is unable at the time when it is needed and can be used.
- (b) The need for care that seek to prevent illness
- (c) The need for care when human beings are unable to help themselves.

Health:

According to King, health involves dynamic life experiences of a human being, which implies continuous adjustment to stressors in the internal and external environment through optimum use of one's resources to achieve maximum potential for daily living.

Environment:

Is the background for human interactions, it involves:

- Internal environment: Transforms energy to enable person to adjust to continuous external environmental changes.
- External environment: Involves formal and informal organizations, nurse is a part of the patient's environment.

Perception:

Perception is "each person's representation of reality."

Action:

It defines as a sequence of behaviors involving mental and physical actions

Reaction:

Not specified, but might be considered as included in the sequences of behaviors described in actions.

Interaction

Interaction is a process of perception and communication between a person and environment and between person and person represented by verbal and nonverbal behaviors that are goal-directed.

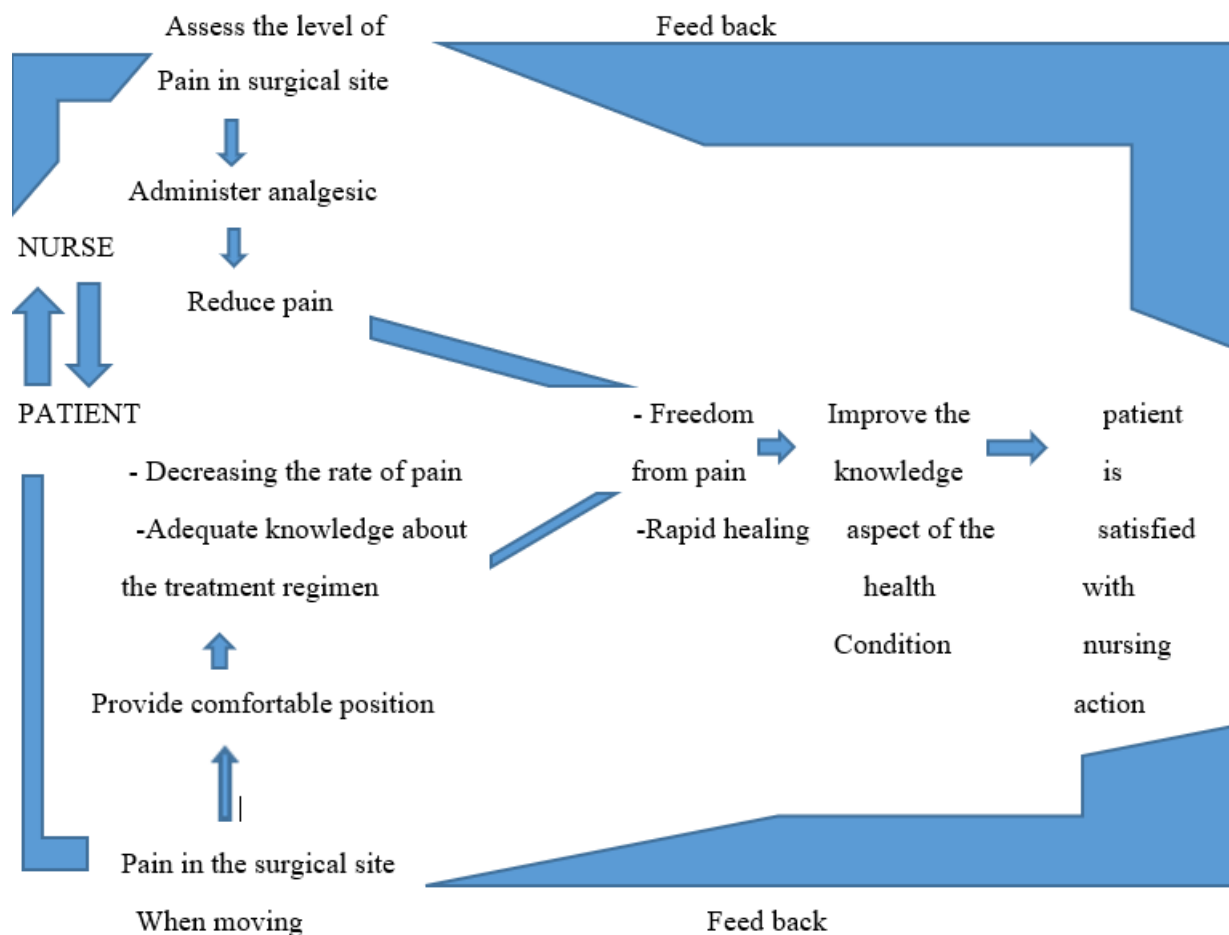
Transaction

The transaction is a process of interactions in which human beings communicate with the environment to achieve valued goals; transactions are goal-directed human behaviors.

Nursing Process:

- Pain in the abdomen related to surgical incision as manifested by pain assessment.
- Impaired physical mobility related to abdominal pain as manifested by assessment of physical activity.
- Imbalance nutritional status less than body requirement related to disease condition as evidenced by avoiding foods.
- Activity intolerance related to inguinal region pain as evidenced by verbalization.
- Impaired skin integrity related to surgical incision as evidenced by verbalization.
- Sleep pattern disturbance related to hospitalization as evidenced by redness of eyes.
- Fear and anxiety related to surgical dressing as evidenced by fearful facial expression.
- Knowledge deficit related to treatment as evidenced by asking more questions.
- Risk for infection related to surgical infection.
- Risk for complications related to disease condition.

Application of Imogene King Theory:



Key Issues:

Inguinal hernias are more common in certain age groups.

- Among adults, the chance of having an inguinal hernia increases with age, and inguinal hernias are most common in people ages of 75 to 80.

- Among children, inguinal hernias are most common in those between the ages of 0 and 5 years.
- Among infants, inguinal hernias are more common in premature infants.

Inguinal hernias are also more common in;

- Males, who are 8 to 10 times more likely than women to develop inguinal hernias
- Males who had prostatectomy
- People with a family history of inguinal hernias
- People who have a lower body mass index (BMI)
- People who have connective tissue disorders

Symptoms of an inguinal hernia may include;

- A bulge in the groin the area between the lower abdomen and thighs
- A bulge in the scrotum in a male
- Feelings of discomfort, pain, heaviness, or burning in the groin

New Insights:

- Behavior of the affected patient may change
- Activities of daily living may change because of the illness
- Digestion and elimination pattern may change because of the illness

Nursing Challenges:

- Difficult to interact with the patient because of emotional depression.
- Difficult to make the patient to understand the surgical procedure.

Suggestions Towards the Issues Based on Theoretical Perspective:

- Theory of goal attainment has been criticized for having limited application in nursing areas in which patients are unable to interact competently with the nurse. King maintained the broad use of the theory in most nursing situations.
- Lack of development of applying the theory in providing nursing care to groups, families or communities.

3. Discussion

In this study the patient had complaints of abdominal pain, vomiting, (Inguinal Hernia). After the interventions and health education, the patient is relieved from the difficulties.

4. Conclusion

An inguinal hernia is one of the most common conditions to affect all people, including 25% of all men. Inguinal hernia repair is equally common, and many different techniques have been developed and refined to manage it.

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