

Case Presentation of continual determination and perseverance leads to a happy ending

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Z.R. an 82 year old retired nurse, totally independent perfectly cognitive, suffering from moderate-severe Aortic Stenosis , moderate Aortic and Mitrial Regurgitation Pulmonary hypertension. Her Medical history also includes Diabetes Mellitus, Anemia, Hypertension, Normal Coronary arteries. She is currently hospitalized as a result of deterioration in shortness of breath. During this hospitalization she needs constant oxygen and only has 65%SAO2.

Her chest Xray shows signs of bilateral pulmonary infiltrates. An improvement was seen after pleural puncture, clinically no improvement in shortness of breath. She had a sudden fever and IV Tazocin was initiated.

This patient continued to deteriorate and needed ventilation. The nursing staff never gave up. We nurtured and cared and encouraged her to eat whenever she could. We supported her and continually promoted a hopeful and optimistic outlook, even during instances that she seemed lost and ready to give up. "I am tired, I think I have had enough" she often said. Fortunately after 20 days her clinical condition improved enough to perform a trans- arterial aortic valve replacement (TAVI). She successfully underwent the TAVI procedure, no hemodynamic or pulmonary complications. Although still succumbing to occasional Pleural Effusions, we persevere with chest physiotherapy and nursing support.

Conclusion- When nurses show the patient that they have not given up hope and care, this promotes optimism and expectations among our patients. Age should not be a determining factor in our efforts to uphold the best optimal care we can for all our patients.