

# **NURS FPX 4900 Assessment 2**

## **Assessing the Problem: Quality, Safety, and Cost Considerations**

In order to create a long-term solution for Ezekiel Taylor's hypertension, it is essential to evaluate the situation from three angles: It basically focuses on factors such as cost, safety, and quality. In the United States of America, 48% of the population is reported to have hypertension among adults. 1%, or 119. Of the population, about 120 million or 47% of the 9 million people in the United States, have a systolic blood pressure of 130 mm Hg or a diastolic blood pressure of 80 mm Hg or higher or are taking drugs for hypertension (Centers for Disease Control and Prevention, 2021).

Complications such as heart disease, stroke, and renal failure may result from uncontrolled hypertension; these diseases have a significant effect on patients' well-being and put a significant burden on the healthcare systems. Healthcare providers may be able to identify some evidence-based practices that enhance patients' well-being, decrease adverse events, and optimize the use of resources in the context of Ezekiel if they focus on three core aspects: quality, safety and cost.

## **Impact of Patient Problem on System**

- **Quality of Care**

Uncontrolled, Ezekiel Taylor's treatment is therefore limited as it is evident that he suffers from hypertension as well. Hypertension raises the odds of cardiovascular diseases such as heart attacks, stroke, and heart failure which can potentially decrease the quality of life and increase mortality. Another challenge is a bad health status caused by a lack of access to health insurance as well as the workload of a truck driver, which does not allow Ezekiel to get proper treatment and have regular visits to doctors and other health care providers.

His uncontrollable blood pressure measurements are indications of possible failure to manage his sickness when the treatment is partitioned into small portions. Fuchs & Whelton (2019) identified a lack of patient-centeredness, low quality of the treatment, falling short of patient needs, being hospitalized often, and having complications with daily living. Lapses may mean that Ezekiel, in one instance, gets a hypertensive crisis when he is travelling, he will need to be

hospitalized for treatment that he could have otherwise averted with proper management of the disease.

- **Patient Safety**

Ezekiel also suffers from uncontrolled hypertension, another strong threat to his health. Known by the medical and healthcare practitioners as the 'silent killer,' hypertension poses a big challenge to those like Ezekiel struggling with the condition as they are not fully aware how worse off they are as there is no visible symptoms. There are sequels that can be as severe as aortic dissection, stroke in patients with uncontrolled or poorly controlled hypertension (Hu & Wu, 2023).

**Moreover,** since Ezekiel is a truck driver, it is worse to be in his shoes currently. In his case, untreated hypertension may cause him to have to drive while having vertigo, headaches, and vision problems, thus, compromise his safety while driving. Ezekiel exposure and endangering himself and others on the road when driving during hypertensive emergency. Besides, his hypertension status and risk of adverse events could be aggravated by the nature of his job, which involves sitting for most of the time, and inadequate availability of healthy foods.

- **Costs to System and Individual**

Costs incurred in this healthcare shall greatly be influenced by unmanaged hypertension of Ezekiel. According to Commodore-Mensah et al. , (2022), it is estimated that, \$131 billion on the health of the inhabitants of the United States is utilized each year because of hypertension. Due to frequent healthcare visits for patients with uncontrolled hypertension, along with drugs, and diagnostic work that they need to do, not only Ezekiel bears a higher cost but also the health care system itself.

Since Ezekiel is not insured, this means that he can be forced to cater for all his medical expenses that may be occasioned by his disease and this would definitely stretch his already stretched budget. Because of money issues, patients can decline or do not attend to clinics visits and delay treatment, which, as a result, becomes more severe and costs more (Biddell et al. , 2023). Take Ezekiel's case in point: hypertension might have devastating social and economic impacts in terms of rehabilitation and long term care that he would require which would be very expensive for him and his family.

# Importance of State Board Nursing Practices and Policies

Ezekiel Taylor's hypertension and the treatment he receives may be as varied as approaches that depend on the state board nursing practice acts and other organizational or governmental norms. The ANA formulated the Scope and Standards of Practice for Nursing to distinguish what is acceptable nursing care delivery the ever-changing nursing world (ANA, 2021). In the case of patients such as Ezekiel, these guidelines highlight the importance of teamwork in an attempt to offer the best solutions to meet the patient's needs. They also lay emphasis on the importance of utilizing research-based practices. Furthermore, employing the principles of the JNC recommendations for hypertension prevention, detection, assessment, and management as a guide can help ensure that the HCIs' policies and procedures deliver efficient and effective, and hypothesized evidence-based care in hypertension management (Nadig et al. , 2022).

Therefore, for nurses, if they are very much serious to attend to the needs of Ezekiel and those with hypertension diseases, then the above rules and regulation will have to be observed. In doing so, the following elements of proper management of hypertension should be a part of the assessment: lifestyle changes, consumption of prescribed medications, and blood pressure checks. HIV/AIDS and other related issues for instance, nurses could enlighten Ezekiel on these issues and many more.

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That is the scenario that Ezekiel Taylor and other patients like him consider state board nursing practice guidelines as well as organizational or governmental rules as their primary safety source. The NPSGs are stated and released by the TJC in 2023 with the objectives of enhancing patient safety and reducing the incidence of patient injury in healthcare organizations. Since Antihypertensive medicine may be required in managing Ezekiel's illness, one of the consolidated NPSGs related to this issue is quite relevant to him. For the sake of avoiding complications and for surety of Ezekiel, it is good for the nurses to feel at liberty to express their worries and consult with other health care givers if they observe that Ezekiel BP is not responsive to treatment.

## Assessing the Problem: Quality, Safety, and Cost Considerations

It is nearly inconceivable how these organizational or governmental regulations and state board nursing practice standards impact and contribute to the healthcare costs and people's financial responsibilities, such as those of Ezekiel Taylor. The value-based buying systems that are

implemented by the CDC'S centers for Medicare and Medicaid link payment to the outcomes and performance of treatment provided. These programmes offer financial reward to the healthcare providers that improve patient's health and reduce cost associated with conditions and re-admissions that may be prevented.

At the same time, having some of the ACA regulations regarding important health services and providing access to preventive care and chronic disease management could ease financial pressures for people like Ezekiel. Thus, to effectively manage his hypertension, Ezekiel may need to pay for prescription drugs, physicians' visits, and prophylactic checkups; yet, he may qualify for ACA subsidies for insurance.

- **Impact of Policy on Nursing Practice**

Nursing Interventions for the Management of Ezekiel's Hypertension The interventions for the management of hypertension in Ezekiel will involve the following legal guidelines; The Nurse Practice Act in Ezekiel home state governs the scope of practice of nurses and has a massive impact on nursing's realm of authority (ANA, 2021). Ezekiel and the other similar patients require the coordinated and comprehensive care they receive because of those regulations that set out the provisions, roles and measure of the nursing profession.

An example is the standard of care guidelines to treating hypertension outlined by the American Nurses Association (ANA); these include educating the patient, promoting health, and coordinating care with other care givers (ANA, 2021). Thus, following the above guidelines and acting within the scope of the Nurse Practice Act, it is possible to design individualized treatments, such as behavioral changes, medication administration, and self-observation activities that would meet Ezekiel's needs and parameters.

## **Strategies for Improvement of System**

This paper will analyze several measures that could enhance the treatment quality for the hypertensive patient like Ezekiel Taylor and reduce recurrent hospitalization leading to the enhanced patient's safety coupled with lower healthcare costs. One of the ways adopted concerning the use of health technologies such as telemedicine and remote monitoring devices to check with the doctors frequently and also enable modifications to the treatment plans more often (Turner et al. , 2022). Patients like Ezekiel and other who normally have a concern to attend the visits in person may greatly benefit from this strategy. Therefore, communication between Ezekiel's specialists, nurses, primary care physician, and pharmacists needs to be enhanced as well.

Maybe through care coordination, communication and collaboration, the right and thorough evidenced based therapy to Ezekiel may be provided without him receive useless therapy that may harm him. Besides, by connecting Ezekiel to groups and relevant patient materials such as those from the American Heart Association, he may get the skills in managing the disease and reduce the risk of complications (White-Williams et al. , 2020). The aforesaid measures may be beneficial to healthcare workers to obtain better results, increase patients' safety and decrease their expenses in case of hypertension.

## Conclusion

Ezekiel Taylor's case also provides an example of the fact that only an individualized, multifaceted approach focused on the patient is effective for the treatment of hypertension. When presenting information that is pertinent to Ezekiel's requirements, nurses should consider as to how rules governing the purchase of care through regulatory agencies and institutions; policies that govern health care acquisition, safety, expenditure, and quality nursing practice impact on health care costs, safety of the patient and the quality of the care in delivering health care.

**However**, to improve the health status and quality of life of the client namely Ezekiel, it is necessary to apply such concepts of leadership as transformational leadership, successful communication, and change management. Together with the relevant benchmark data, this will help build up tremendous returns.

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