

Nursing Implication for an Emerging Disease - Whatsapppitis

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“Do anything to excess and you’ll end up hurting something”

Abstract

WhatsAppitis, a condition caused by the excessive use of the popular instant messaging app, whatsapppitis. It defines inflammation of the fluid-filled sheath that surrounds a tendon. Symptoms of tenosynovitis include pain, swelling and difficulty moving the particular joint where the inflammation occurs. Major clinical features are Pain at the radial side of the wrist, Spasms, Tenderness, occasional burning sensation in the hand, Swelling over the thumb side of the wrist, Difficulty gripping with the affected side of the hand, neck pain etc. Nursing fraternity must be made aware of the disease and nursing care that should be provided for the similar cases.

Keywords: whatsapppitis

Nursing fraternity should be aware of the disease and with the help of nursing process, will really help to get rid of the issues related to whatsapppitis.

Nursing Diagnosis

Acute pain at the radial side of the wrist, neck related to inflammation associated with increased disease activity as evidenced by guarding on motion of affected joints.

Expected outcome: Client is able to participate in self care activities.

Intervention:

- Assess pain characteristics (quality, severity).
- Assess the signs of joint inflammation (redness, warmth, swelling, decreased motion).
- Evaluate location and description of pain.
- Use ergonomically fit measures like good posture, ergonomically fit furnitures.
- Restrict in usage of gadget helps to decrease strain.
- Instruct patient to take anti-inflammatory medication as prescribed.
- Encourage use of alternative methods of pain control such as relaxation, guided imagery.

Evaluation: Client verbalized decreased pain.

Nursing Diagnosis

Impaired physical mobility related to activity limitation due to pain as evidenced by reluctance to attempt movement limited ROM.

Expected Outcome: Client achieves optimal level of mobility.

Intervention:

- Assess the activity tolerance.
- Reinforce and teach stretching exercises of elbow, neck, shoulder and wrist.
- Instruct to use ergonomically fit measures.
- Coordinate physiotherapy services.

Evaluation: Client able to perform physical activity within normal limits.

Nursing Diagnosis

Impaired skin integrity related to poor circulation of the affected area as evidenced by sore wrist, swelling over the thumb side of the wrist.

Expected Outcome: Patient experience decrease in inflammation.

Intervention:

- Assess the inflamed skin.
- Assess the ability to move the area.
- Assess for history of preexisting diseases (DM, AIDS, CVD).
- Apply thumb spica (splint) to immobilize the wrist and thumb.
- Apply topic vasodilator.
- Complete abstinence from using the phone to send message.

Evaluation: Client experiences decrease in the inflammation at affected area.

Nursing Diagnosis

Risk for ineffective tissue perfusion related inflammatory process and edema.

Expected Outcome: Patient maintains adequate tissue perfusion as evidenced by absence of pain and numbness.

Intervention:

- Assess and compare neurovascular status (skin colour, edema, pain, ROM).
- Assess the affected extremity.
- Apply topic vasodilator.
- use splint to the affected area.

Nursing Diagnosis

Deficient knowledge related new disease as evidenced by verbalized lack of knowledge.

Expected Outcome: patient verbalizes understanding of the disease and treatment.

Intervention:

- Assess the clients level of knowledge about disease condition and its management.
- Introduce or reinforce disease process information.
- Discuss about signs and symptom of disease condition.
- Inform about stretching exercises and follow up.
- Encourage ergonomically fit measures to prevent disease.

Evaluation: Client verbalized understanding about disease condition and its management.

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