

## Scenario #1 Rachel



You are the nurse on a busy Medical/Surgical Unit. Rachel, a 25 yr old female was admitted yesterday following surgical repair of a left tibia/fibula fracture. You are her nurse, and you ask her how she is feeling. She also tells you how she broke her leg. You ask her if she needs pain medication.

“I feel awful! The Dr. said my bones are weak. That’s why my leg broke when I fell down at work. I just don’t have the energy I should have. I’ve been so tired lately! At least my leg doesn’t hurt very bad right now.”

“Why is it bandaged so big? It’s huge! I wonder how much it weighs. When I look in the mirror, I don’t recognize myself. I see a person who is fat, large, and very ugly. It’s disgusting!”

“They tell me I’m supposed to eat more foods high in protein and dairy products. But I don’t know if I can. I already threw up a few times today. I know I have to take care of myself. But I’ll do it **my own way.**”