CASE STUDY #5: CHOLECYSTITIS

A middle-aged female client is diagnosed with cholecystitis. She resides with her husband and four children in a small home they recently purchased. She prides herself on her ability to provide a nutritious diet while struggling to make mortgage payments on the new house. The diet is high in fatty foods; the client and two of the children, aged 12 and 14, are each about 15 pounds overweight. The client does everything for her family, and the nurse discovers they are not willing to change their lifestyle to accommodate her illness.

What teaching should be done with the client’s husband and children?

How should the nurse teach the client about low-fat food purchasing and cooking?

If surgery is indicated, what additional teaching and modifications in lifestyle must be considered as part of client education?