

## Potential Patient Problems (Nursing Diagnoses)

List two potential patient problems you will be addressing along with clinical reasoning, goals/expected outcomes, assessments, and priority nursing interventions. The patient problems must be in priority order.

Problem # 1: Acute pain: abdomen and anus

Clinical Reasoning: colicky cramping pain, frequent diarrhea

Goal/EO: Client will report a pain score of  $\leq 4/10$  on a numerical pain scale of 1-10 during my time of care.

Ongoing Assessments: assess pqrst q4hr, assess HR, RR, BP q4hr, assess pain score q4hr, monitor nonverbal cues PRN.

- NI:
1. Administer morphine IV as ordered.
  2. Cluster nursing care and use diversional activities during my time of care.
  3. Educate on analgesic regimen during my time of care.
  4. Provide periods of rest and comfort measures (ex. repositioning) in between activities during my time of care.
  5. Encourage use of calm channel on television and deep breathing exercises q4 hour/PRN.
  6. Administer infliximab IV as ordered.
- 

Problem # 2 Risk for deficient fluid volume

Clinical Reasoning: vomiting and diarrhea due to crohn's disease

Goal/EO: Client is normovolemic as evidence by SBP  $> 90$ , HR 60-100 bpm, and urine output greater than 30mL/hr during my time of care.

Ongoing Assessments: assess skin turgor qshift, monitor BP+HR q4hr, assess LOC PRN, monitor I+O q8hr, daily weights, monitor serum electrolytes qshift.

- NI:
1. Administer IV fluids as ordered during my time of care,
  2. Educate client on how to modify eating habits that provide good nutrition and helps bowel rest prior to discharge.
  3. Determine clients preferred fluids and encourage client to drink prescribed fluid amounts during my time of care.
  4. Provide oral hygiene as needed during my care.
  5. Educate client how to accurately measure intake and output (ex. drink volume, hat in toilet, and urinal at bedside) during my time of care.
  6. Teach client to avoid trigger foods that may exacerbate a flare up of inflammation prior to discharge.

## ATI Virtual Clinical Questions and Reflection:

- 1) Identify two members of the healthcare team collaborating in the care of this patient:
  - a. **Esther, RN**
  - b. **Dr. March (gastroenterologist)**
- 2) What were some steps the nursing team demonstrated that promoted patient safety?
  - a. **Checking pt name/ DOB and confirmed blood type prior to administering the blood transfusion.**
  - b. **When the client started to present signs of a reaction to the blood transfusion the RN stopped it immediately.**
  - c. **RN administered morphine IV 1mg per minute to avoid respiratory distress.**
  - d. **Hand hygiene before and after patient care.**
- 3) Do you feel the nurse and medical team utilized therapeutic communication techniques when interacting with individuals, families, and health team members of all cultural backgrounds?
  - a. **If yes, describe: yes, all of the health care professionals used therapeutic communication as evidence by using empathy when talking to the client and her sister ensuring that all questions were answered. Client teaching was done by the RN about diet and stress management when being discharged. Also, the gastroenterologist explained the endoscopy procedure.**
  - b. **If no, describe:**

---

---

## Reflection

- 1) Go back to your Preconference Template:
  - a. Indicate (circle, star, **highlight**, etc.) the components of your preconference template that you saw applied to the care of this patient.
- 2) Review your Nursing Process Form: Did you select a correct priority nursing problem?
  - a. **If yes, write it here: Yes, acute pain in the abdomen**
  - b. **If no, write what you now understand the priority nursing problem to be:**
- 3) Review your Patient Problem Form: Did you see many of your anticipated nursing assessments and interventions used?
  - a. Were there interventions you included that *were not* used in the scenario that could help this patient?
    - i. **If yes, describe:**
    - ii. **If no, describe: No, a lot of what I had on my patient problem form was used including, education on medication and dietary restrictions or changes. Also, provided rest periods and educated on stress reducing techniques.**
- 4) After completing the scenario, what is your patient at risk for developing?

- a. After the scenario the client is at risk for developing another GI bleed and possibly developing more flare ups of Crohn’s disease.
  - b. Why? The client has a stressful job and has been instructed to change her dietary habits by limiting alcohol, eating healthier, and limiting stress if the client does not follow these medical instructions, she could find herself back in the hospital from exacerbations of Crohn’s or another GI bleed.
- 5) What was your biggest “take-away” from participating in the care of this patient? How did this impact your nursing practice?

**My biggest take away from participating in the care of this patient is that you must follow up after your interventions. The healthcare team was very quick to see that Ms. Lieberman was having a reaction to the blood transfusions and promptly stopped the infusion. You always want to listen to your patient and their physical and emotional complaints. Answer all their questions and ensure they’re comfortable with the care that they are receiving. This impacted my nursing practice because if the nursing staff did not recognize or listen to Ms. Lieberman she could have been seriously hurt. You also want to give your clients a safe place to talk about there fears and troubles. Learning that Ms. Lieberman didn’t have a support system during all the stress in here life recently you want to make sure you can treat the patient physically, emotionally, and mentally while they’re in your care.**

**SOAP Note Based on Priority Problems**

**Priority Patient Problem #1: Acute pain: Abdomen**

<p><b><u>Subjective:</u></b></p> <p><i>This section explains the client symptoms. Include a narrative of the patient’s complaints/concerns and/or information obtained from secondary sources.</i></p>	<p>Ms. Lieberman 36 year old female admitted for GI bleed form the emergency department discharged to medical surgical unit.</p> <p><b>History Present Illness (HPI):</b> Abdominal pain, blood in stool, with weakness and dizziness. Hyperactive bowel sounds present with a right sided ileostomy from 6 months prior.</p> <p><b>PMH:</b> Chrons disease and intermittent gastritis <b>Allergies:</b> sulfa drugs <b>Current Medications:</b> Infliximab IV q8weeks</p>
<p><b><u>Objective:</u></b></p> <p><i>This section is your clinical observations. Include pertinent vital signs, pertinent labs and diagnostics related to the priority problem.</i></p>	<p><b>Vital Signs:</b> 1930: T 38.8, HR 96, RR 22, BP 103/60, SpO2 92% NC 2L</p> <p><b>Labs:</b> RBC 2.7 (low) Hbg 7g/dL (low) Hct 21% (low) PTT 21seconds (low) INR 0.7 (low) Positive blood in stool cx Type A- blood</p> <p><b>Diagnostics:</b> Endoscopy</p>

<p><b><u>Assessment:</u></b></p> <p><i>Focused assessments on your priority problem.</i></p>	<p>VS-1930: T 38.8, HR 96, RR 22, BP 103/60, SpO2 92% NC 2L AxOx4</p> <p>Hyperactive bowel sounds with moderate abdominal tenderness</p> <p>Weakness and dizziness</p> <p>Ileostomy draining semi liquid stool with red streaks</p> <p>Presenting with unhealthy diet and coping strategies</p> <p>Takes ibuprofen for pain</p>
<p><b><u>Plan</u></b></p> <p><b>*Based on priority problem only</b></p> <p><i>Include what your plan is for the client. What treatments or medications are needed? You can include procedures, consults, labs/diagnostics, etc. What nursing interventions are being performed?</i></p>	<p><b>Plan:</b></p> <p>Ms. Lieberman will be discharged to home.</p> <p>She will follow recommended diet, medication regimen, and uses stress reducing activities effectively.</p> <p>Small frequent meals throughout the day.</p> <p>She will avoid NSAIDS and foods that are triggers for her Crohn's disease.</p> <p>Continue infliximab q8weeks</p> <p><b>Teaching &amp; Resources:</b></p> <p>Educate on high calorie, high protein, low fat diet</p> <p>Educate on anxiety reducing strategies</p> <p>How to recognize s/sx of a GI bleed or crohns exacerbation</p> <p>Resources include support groups, pharmacy, and at home exercises</p>