

Student Name: Ashley DeRicco

Medical Diagnosis/Disease: GI bleed (Crohn's)

NCLEX IV (8): Physiological Integrity/Physiological Adaptation

Anatomy and Physiology
Normal Structures
GI-tract- it contains the mouth, pharynx esophagus, stomach small and large intestine. There are accessory organs like the teeth that help with digestion. Food is ingested in the mouth which helps start the process of digestion. After food is digested it travels down the GI tract and exits the body by a fecal movement.

Pathophysiology of Disease
Crohn's affects the digestive tract. Parts of the digestive tract become inflamed which can cause intense pain. It is part of your body immune system attacking itself. It occurs mostly in the small end of the intestine. It is an autoimmune disease. It is believed to be triggered by environmental and bacterial triggers.

NCLEX IV (7): Reduction of Risk

Anticipated Diagnostics
Labs
CBC
WBC
Electrolyte balance test
Fecal test (analysis)

Additional Diagnostics
MRI
CT-scan
Barium swallow
Endoscopy biopsy

NCLEX II (3): Health Promotion and Maintenance

Contributing Risk Factors
Genetics
Poor diet
Immune system
Environmental factor
smoking

Signs and Symptoms
Pain in abdomen
Weight loss
Cramping
Loss of appetite
Bloating
Blood in stool
Diarrhea

Possible Therapeutic Procedures
Non-surgical

Surgical
Colonoscopy
Sigmoidoscopy

NCLEX IV (7): Reduction of Risk

Prevention of Complications
(What are some potential complications associated with this disease process)
Poor nutrition
Diabetes
Fluid imbalances
C-diff
cancer

NCLEX IV (6): Pharmacological and Psychosocial/Holistic

Parenteral Therapies
Anticipated Medication Management
Corticosteroids
Immunomodulators
NSAIDS
Antibiotics

NCLEX IV (5): Basic Care and Comfort

Non-Pharmacologic Care Measures
Support groups
Education groups on GI management
Nutrition groups

NCLEX III (4):

Client/Family Education

Parenteral Therapies

Care Needs

NCLEX I (1): Safe and Effective Care Environment

What stressors might a patient with this diagnosis be experiencing?
Lifestyle changes
Diet changes
Frequent use of bathroom needs

List 3 potential teaching topics/areas

- Diet education on proper nutrition
- How to manage pain with Crohn's disease
- How to monitor flare ups and possible GI bleeding

Multidisciplinary Team Involvement

(Which other disciplines do you expect to share in the care of this patient)

Nutritionist
Dietitian
gastroenterologist

Potential Patient Problems (Nursing Diagnoses)

To Be Completed Before the Simulation

Anticipated Patient Problem: Pain- in the abdomen

Clinical Reasoning: Prescribed morphine IV, Crohn's disease

Goal 1: Have a pain goal of 3 or less by the time of my care.

Relevant Assessments	Multidisciplinary Team Intervention
(Pework) What assessments pertain to your patient's problem? Include timeframes.	(Pework) What will you do if your assessment is abnormal?
Assess pain location and frequency q4hr	Administer morphine IV as prescribed for a pain above 7 and prn
Assess for increase in BP and/or HR q4hr	Teach them distractions techniques like reading a book during all my time of care
Assess for increased pain while using the bathroom when getting up to use restroom	Offer frequent rest breaks if they have pain while ambulating all of shift
Assess knowledge of pain and relief options at the beginning of the shift	Explain medication use and possible side effects before administering
Assess for pain in the lower abdominal - by palpation beginning of shift	Offer heating pad if needed to help relieve cramping in the abdomen q4hr
Assess skin at beginning of shift for any breaks in the areas	Teach them to reposition q2hrs to help relieve pain

Goal 2: Maintain a HR of below 100 BPM during my shift.

To Be Completed Before the Simulation

Anticipated Patient Problem: Risk for chronic self esteem

Clinical Reasoning: Crohn's disease. Changes in lifestyle, weight loss

Goal 1: Increase in talking about issue and resolutions by end of shift.

Relevant Assessments	Multidisciplinary Team Intervention
(Prewrite) What assessments pertain to your patient's problem? Include timeframes.	(Prewrite) What will you do if your assessment is abnormal?
Assess patients' education on disease beginning of shift	Educate on support groups throughout shift
Assess patients' family support beginning of shift	Educate on disease and the effects it could cause on the body during shift
Assess willingness to talk and answer questions all of shift	Educate on health meals and nutrition during shift
Assess the knowledge of a health diet beginning of shift	Develop and open communication to listen to concerns all of shift
Assess the knowledge of support groups beginning of shift and all of shift	Educate on importance of relationships throughout shift
Assess the knowledge of medications to treat the disease beginning	Educate on how to manage disease and flare ups of Crohn's all of shift

Goal 2: PT attends support groups during my time of care

To Be Completed During the Simulation:

Actual Patient Problem: Pain

Clinical Reasoning: Pain a 6 out of ten on a numerical scale, headache, body ache, stomach tender to the touch

Goal: Maintain a pain of 3 or less during my time of care

Met: Unmet:

Goal: Maintain a HR of less then 100 BPM during my time of care

Met: Unmet:

Actual Patient Problem: Ineffective health care behavior

Clinical Reasoning: Drinks 5 glasses of wine a day, poor nutrition and stress

Goal: Has better food (nutrition) during my time of care

Met: Unmet:

Goal: Showed how to relieve stress during my time of care

Met: Unmet:

Additional Patient Problems:

, impaired comfort

Below will be your notes, add more lines as needed. **Relevant Assessments:** Indicate pertinent assessment findings.

Multidisciplinary Team Intervention: What interventions were done in response to your abnormal assessments?

Reassessment/Evaluation: What was your patient's response to the intervention?

Patient Problem	Time	Relevant Assessments	Time	Multidisciplinary Team Intervention	Time	Reassessment/Evaluation
Pain	0902	Complains of headache and stated " I feel like I am going to faint"	0903	Offered a cool rag and a basin	0910	States" That feels better"
Impaired comfort	1013	Fever of 101.8, chills and restlessness	1020	Stopped blood transfusion and notified the provider	1034	Laying in bed with blanket covering her, no chills, fever decreased
Pain	1018	Complains of tenderness and cramping in abdominal area. Flinches when palpated	1030	Administered morphine 4mg. 0.5ml IV	1145	States" feeling much better"
Ineffective health care behavior	1145	States" I have a poor diet and drink 5 glasses of wine after work"	1145	Educate on importance of diet and stress management and gave packet of instructions on how to manage nutrition	1145	States" I can try packing a healthier lunch when going to work"

				better		

ATI Virtual Clinical Questions and Reflection:

- 1) Identify two members of the healthcare team collaborating in the care of this patient:
 - a. **Bonnie**
 - b. **Dr.Mcguire**
- 2) What were some steps the nursing team demonstrated that promoted patient safety?
 - a. **Verified name and date of birth**
 - b. **Had 2 nurses verify correct blood before starting to transfuse**
 - c. **Monitored the patient during the transfusion and stopped the transfusion when she was showing side effects**
- 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, the nurse sat down with the patient and asked questions which allowed an open communication. They asked what she ate on a daily day and how her diet was. They then offered different techniques to help her change her habits.

 - 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, I feel like pain was her main priority nursing problem- she was admitted to the hospital with pain and had it throughout her stay.
 - 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: I feel like one of the interventions of mine they could of used was offer a heating pad to help with the abdominal cramping.

