

**Daily Journal Entry with Plan of Care & Chart Note**

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Day/Date: 09/13/2020

**Directions: WOC nurses function as consultants and develop plans of care for other care givers as a guide to providing care in the WOC nurse's absence. For this assignment, select one patient each clinical day and complete *plan of care and chart note*..** This assignment should be WOC focused, and approached as both patient documentation and critical thinking development. Using a holistic WOC nursing approach combined with critical thinking strategies, complete each section of the document. Give careful consideration to how the patient was assessed, the problems, and the rationale behind the plan of care, and provide thorough documentation on the patient encounter. Once you have completed the form, save the document by clinical date and preceptor, and submit to your Practicum Course dropbox for instructor review & feedback. **Journals should be submitted to your dropbox by no later than 48 hours following the clinical experience day.**

<b>Today's WOC specific assessment</b>	<p>Patient is a 36 year-old male with adenocarcinoma of the rectum. He underwent total neoadjuvant chemotherapy and radiation for locally advanced tumor. Post treatment imaging revealed regression of the tumor. He is s/p laparoscopic low anterior resection with loop ileostomy. He had an ostomy lesson yesterday which focused on anatomy review and pouch change. Over the last 24 hours he has had 1.4L bilious ostomy output. The surgeon started him on Immodium and Fibercon and diet was advanced from clear liquids to soft, low fiber. Per nursing report patient has been emptying pouch and recording ostomy output independently. Patient has been up and ambulating in the halls multiple times per day.</p> <p>Current pouching system: Small Eakin ring, Hollister Flextend 2 ¼" Cut to fit barrier and 2 ¼" drainable pouch with lock n' roll closure.</p> <p>Medications- acetaminophen, oxycodone, immodium, Fibercon</p> <p>Recent labs- Hgb 13.1, Hct 39, Albumin 3.4, BUN 9, Creatinine 0.83</p>
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**Write a chart note for the medical record for this patient encounter. Be sure to include specific products that were used/recommended for use:**

<p><b>Reason for consultation:</b> Ostomy evaluation and teaching</p> <p>Patient is POD #2 s/p laparoscopic low anterior resection with loop ileostomy. Alert, cooperative, with no signs of distress. Reports pain in abdomen a "4 out of 10" with recent pain medication of Acetaminophen. Agreeable to assessment and teaching. Appliance intact and without signs of leaking. Pt encouraged to remove appliance using the push pull method. Stoma red, moist, round, edematous with centrally located os. Measures 2". Output of green, brown liquid stool noted in pouch. Peristomal skin without irritation, redness. Stoma and peristomal skin cleansed with warm water per pt with verbal cues. Demonstration and explanation of stoma sizing and cutting of skin barrier wafer, application of Eakin ring, and application of skin barrier wafer. Pt verbalized understanding. Able to secure pouch to wafer with verbal cues.</p> <p>Explained diet, activity, and travel considerations, risks of parastomal hernia and or stomal prolapse with lifting more than 10 pounds; risks of dehydration with stool output greater than 1000cc in 24 hours and how to manage and report to surgeon. Explained UOAA, provided newsletter, WOC nurse list, and list of local ostomy suppliers. Patient has ordering information for ostomy supplies. Patient instructed to call or schedule follow up appointment for additional ostomy needs after discharge.</p> <p>Recommendations: Continue daily ostomy teaching while in hospital. Patient to empty pouch routinely and record output.</p>
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Patient to watch uploaded ostomy videos.

Patient verbalized agreement with plan of care. RN aware.

<b>WOC specific medical &amp; nursing diagnosis</b>	<b>WOC Plan of Care (include specific product used today)</b>	<b>Rationale (<i>Explain why an intervention is chosen; purpose</i>)</b>
Adenocarcinoma of the rectum requiring loop ileostomy.	<p>Pouching System: Small Eakin ring, Hollister Flexend 2 ¼” Cut to fit barrier and 2 ¼” drainable pouch with lock n’ roll closure.</p> <p>Continue daily ostomy teaching and have patient demonstrate as well.</p> <p>Monitor for any signs of leakage.</p> <p>Patient to watch ostomy videos and measure and record output.</p> <p>Discharge resources and information regarding supplies and online support given. Patient to make follow up appointment for any concerns or assistance needed with ordering supplies after discharge.</p>	<p>Small Eakin ring to help maintain seal and fill any gaps around stoma. Cut to fit barrier ordered as stoma is new and will need measured with each pouch change while swelling decreases. Drainable pouch ordered as ileostomy will have higher output and will need to be easily emptied.</p> <p>Patient and/or family member should be independent with ostomy pouch change and care prior to discharge and will need continued support especially right after discharge home.</p>

<b>What are the disadvantages of using this product(s)? What alternatives could be used and why?</b>	The disadvantages to using the Eakin seal and two piece pouch could be that it requires more steps for the patient to learn. An alternative could be a one piece pouch. However, it may be easier for the patient to use the two piece pouch now so he can better view to cut to fit. Six weeks post-op the stoma swelling should be down and possibly a different product could be considered.
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**Develop one learning goal for each clinical day, document that on this form then share your goals with your preceptor.**

<b>Were you able to meet your learning goals for today? Why or why not?</b>	I met my learning goals for today by seeing an example of what information and education is required for an ostomy patient to help prepare for inpatient discharge.
<b>What are your learning goals for tomorrow?</b>  <b>(Share learning goal with preceptor)</b>	My learning goals for tomorrow are to learn more about how to choose the right products for each patient and how to know when the product should be switched for another option.

Reviewed by: \_\_\_\_\_ Date: \_\_\_\_\_

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