

Daily Journal Entry with Plan of Care & Chart Note

Student Name: ___Faranak Farshidfard___ Day/Date: ___11/5/2020___

Today's WOC specific assessment	<p>The patient is a 90-year-old female with a past medical history of hypertension who presents with chest pain and elevated blood pressure at home. A full cardiac workup was completed, including labs such as troponin, EKG, and a cardiac stress. All workup results were within normal limits and the patient was ruled out for an acute myocardial infarction. The chest pain resolved without further interventions.</p> <p>Wound care consulted for a skin tear on the left foot. The patient and patient's daughter at bedside state that a nursing assistant accidentally dropped the portable cardiac monitor on the patient's left foot. They then noticed a skin tear on the left foot after this incident.</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:

Wound care consulted for a skin tear on the left foot. Patient is A&O X4, sitting up in a chair. Patient's daughter is at the bedside. Patient and daughter state that 2 nights ago, a nursing assistant accidentally dropped the portable cardiac monitor on her left foot and there is now a skin tear. The patient is Spanish speaking only, while the patient's daughter speaks and understands basic English. A Spanish translator (using the bedside telephone) is utilized to communicate with the patient and patient's daughter. Upon assessment and removal of the Mepilex border, the skin tear is present on the left foot, dorsal aspect. There is a small amount of sanguinous drainage noted. The wound bed is pink-red with partial thickness skin loss. This is a type 1 skin tear – the skin flap is repositioned to cover the wound bed. Wound edges are approximated. There is discoloration/bruising to the periwound area. The patient reports 5/10 pain at the site when lightly touched. Otherwise, patient states that the pain is tolerable, at a level 3/10.

The patient has slightly limited mobility and needs supervision and a walker when walking. She is being discharged home with home health and lives with her family, who help to take care of her. Due to her age and limited mobility, she is more at risk for delayed wound healing. The patient is also reported to have a low appetite, which can contribute to delayed wound healing. The goals for this patient are to promote moist wound healing and prevent further deterioration/skin breakdown.

Treatment for left foot, dorsal aspect – skin tear:

1. Cleanse with Vashe cleanser and pat dry
2. Apply Mepilex border dressing
3. Change dressing every 2-3 days or as needed for soiling/saturation/disruption of dressing

Patient and patient's daughter verbalize understanding wound care findings and recommendations. Patient to be discharged today per MD orders. Extra Mepilex dressings and Vashe cleanser given to patient to take home. Wound care RN signing off at this time.

(Save the document by clinical date & preceptor last name before submitting to your dropbox each clinical day)

Journals should be submitted to your dropbox by no later than **48 hours** following the clinical experience day.

WOC specific medical & nursing diagnosis	WOC Plan of Care (include specific product used today)	Rationale (<i>Explain why an intervention is chosen; purpose</i>)
Impaired skin integrity – patient has a type 1 skin tear	<ol style="list-style-type: none"> 1. Cleanse left foot skin tear with Vashe 2. Cover skin tear with a Mepilex border dressing & change every 2-3 days or PRN for soiling/disruption/saturation 	<ol style="list-style-type: none"> 1. An antimicrobial cleanser is needed to keep the wound clean and aid in healing 2. Mepilex foam dressing protects the wound from more trauma and keeps the wound bed clean and intact
Pain – caused by trauma from cardiac monitor dropping onto foot	<ol style="list-style-type: none"> 1. Assess patient’s pain level and administer pain medication per MD orders 2. Reassess pain level after administering pain medication 3. Consider alternative methods for pain management, such as essential oils, heat or cold packs, breathing exercises, and distraction 	<ol style="list-style-type: none"> 1. Pain control is important when it comes to wound healing 2. Pain levels must be reassessed to ensure pain is being adequately controlled 3. Alternative methods may be beneficial to patient versus additional pain medication and do not have side effects (while many pain medications do)
Nutrition – patient has a low appetite and at risk for poor wound healing	<ol style="list-style-type: none"> 1. Nutrition consult to assess patient’s poor appetite 	<ol style="list-style-type: none"> 1. A nutritionist can assess patient and provide recommendations for supplements if patient has a poor appetite. Nutrition is important for proper wound healing

What are the disadvantages of using	The Mepilex border dressing can become expensive to use and some insurance companies may only approve a certain number of dressings. A nonadherent alternative to Mepilex dressings can be used.
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this product(s)? What alternatives could be used and why?	Vashe wound cleanser may not be readily available for everyone. Normal saline can be used instead.
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Develop one learning goal for each clinical day, document that on this form then share your goals with your preceptor.

Were you able to meet your learning goals for today? Why or why not?	I met my learning goals for the day. I learned about the management of skin tears and products that can be used to treat it. I also reviewed risk factors for skin tears for the older adult population, as well as factors that are important in wound healing, such as nutrition, mobility, and pain management.
What are your learning goals for tomorrow? (Share learning goal with preceptor)	My goals for tomorrow are to learn more about alternative products to use for skin tears – including type 2 and 3 skin tears.

Number of Clinical Hours Today: 8

Care Setting: Hospital Ambulatory Care Home Care Other: _____

Number of patients seen today: 9 Preceptor: Gerry Fulgentes

Reviewed by: _____ Date: _____

****References are not generally required for daily journals**

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