

R.B. Turnbull, Jr., M.D. School of WOC Nursing

Daily Journal Entry with Plan of Care & Chart Note

Student Name: Alexis Faria Day/Date: Monday January 06, 2025

Number of Clinical Hours Today: 8 h

Care Setting: Hospital Ambulatory Care Home Care Other

Preceptor: Caitlin Hopkins

Clinical Focus: Wound Ostomy Continence

This assignment should be WOC focused and approached as both patient documentation and critical thinking development. Complete each section of the document. Once you have completed the form, save the document by clinical date and preceptor. Submit to your Practicum Course dropbox for instructor review & feedback. Journals should be submitted to your dropbox no later than **48 hours** following the clinical experience day. See samples in course Resource area to assist you with this assignment.

Reflection: Describe your patient encounters & types of patients seen.

On this day I was able to shadow in an outpatient urodynamic setting. In this setting, I was able to see patients with urinary incontinence issues that needed further testing for treatment plans and evaluation. The main patient population of today's case load were male patient's with BPH who were sent from their physician's office for additional testing.

WOC nurses function as consultants and develop plans of care (POC) for other care givers as a guide to providing care in the WOC nurse's absence. For this part, select one patient who is an example of the identified specialty hours for this clinical day. Write a chart note giving careful consideration to how the patient was assessed, the problems, and the rationale behind the plan of care. The WOC nurse consultant/specialist note should begin with why you are seeing the pt; Initial visit for..., follow- up visit for..., evaluation and management of..., etc Then, describe the visit. Be sure to include any physical assessment, interactions, and specific products were used/recommended for use. Write in a manner others will be able to understand and be able to interpret your plan of care.

Chart note:

71-year-old male with complaints of weak urine stream. Reports history of (BPH). Patient presents to the outpatient clinic for urodynamic testing. Patient complaints of urgency and weak stream with incomplete emptying. Reports performing self-intermittent catheterizations 2-3 times/day since prescribed by physician in September. Urodynamic studies completed at this visit. No uroflowmetry able to be performed due to patient voiding prior to entering procedural area. Patient straight cathed for 200 mL prior to procedure start. Cystometrogram performed: First sensation – 178 mL, strong desire – 297 mL, max capacity – 362 mL. No detrusor over activity associated with urge or leaks. Patient able to void 212 mL with catheters in place. Post test catheterization by patient for additional 250 mL. Patient test noted a lot of bowel activity, patient states he is frequently constipated. Interpretation: patient with high pressure and weak flow confirming BPH. Patient has additional imaging ordered from urologist and plans to complete prior to appointment including cystoscopy and rectal ultrasound. Reviewed intermittent catheterization techniques and instructed patient to follow up with provider. Patient verbalized understanding and states he has a follow up next week with ordering provider. Patient states due to religious beliefs he has declined surgical interventions due to potential impact on sexual function and is undergoing tests to determine further options for management of continence issues.

Using the information from the chart note, develop a plan of care to be executed by other members of the healthcare team in your absence. Statements should be directive and holistic. Write as nursing orders.

WOC Plan of Care (include specific products used)

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Follow up with urologist as scheduled.

Keep a daily voiding diary.

Prevent constipation: education given on fluid intake, fiber intake, and normal bowel habits

Continue CIC routine until seen again by urologist. Reviewed correct CIC process and techniques – patient verbalized understanding.

Describe your thoughts related to the care provided. What would you have done differently?

The care provided was adequate. The procedure was completed in a safe and timely manner. The patient did have a lot of questions, and the staff seemed to be a bit rushed. I think I would have taken extra time to really explain the procedure more in depth at the patient's level of understanding to ensure the patient knew exactly what information the procedure was meant to obtain.

You should have a learning goal for each clinical day. What was your goal for the day? Was it met? Why or why not?

Goals

What was your goal for the day?

To learn more about how urodynamic testing is performed and what is being assessed. The goal for the day was met. The procedures were limited due to the weather and the more complex cases being canceled that day. But the procedures that were seen gave a great view of the process of urodynamics and how some of these tests are run.

What is/are your learning goal(s) for tomorrow? (Share learning goal with preceptor)

My learning goal for tomorrow is to get to view stoma markings and view different types of stomas and how to manage them. If possible, would like to have hands on experience with stoma marking.

CRITICAL ELEMENTS	Completed	Missing
Medical record note reflects that of a specialist:		
• Identifies why the patient is being seen	✓	
• Describes the encounter including assessment, interactions, any actions, education provided and responses	✓	
• Includes pertinent PMH, HPI, current medications and labs	✓	
• Identifies specific products utilized/recommended for use	✓	
• Identifies overall recommendations/plan	✓	
Plan of Care Development:		
• POC is focused and holistic	✓	
• WOC nursing concerns and medical conditions, co-morbidities are incorporated	✓	
• Statements direct care of the patient in the absence of the WOC nurse	✓	
• Directives are written as nursing orders	✓	
Thoughts Related to Visit:		

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• Critical thinking utilized to reflect on patient encounter	✓	
• Identifies alternatives/what would have done differently	✓	
Learning goal identified	✓	

Reviewed by: _____ Date: _____

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