



R. B. Turnbull Jr. M.D. WOC Nursing Education Program

Daily Journal Entry with Chart Note & Plan of Care

Student Name: Kelly Shemonis Day/Date: 01/05/2026

Number of Clinical Hours Today: 8 Number of patients seen 9

Care Setting: Hospital x Ambulatory Care Home Care Other

Preceptor: Dr.Spivak/Monometry/Kerry Sherman

Clinical Focus: Wound Ostomy Continence x

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, and any additional activities.

Today I was assigned to A30 Dr. Spivak/Manometry. In the first half of the day, I followed Dr. Spivak as she saw 6 female patients with pelvic floor issues such as rectal prolapse and defecatory disorders. The first patient presented for a follow-up and evaluation, and worsening rectal prolapse. I had the opportunity to observe Dr. Spivak perform a focused assessment of symptoms, which included fecal incontinence 1-2 times a week and pain. A vaginal and rectal exam was performed, and I was able to see, in person, what a rectal prolapse looks like. After the exam was completed, the doctor discussed surgical options with the patient and recommended seeing a urogynecologist related to bladder prolapse. Then, if necessary, the surgeries could be performed simultaneously. The other five patients, who were seen, all had motility disorders with complex medical histories related to these conditions. Kerry Sherman, the clinic coordinator, was present for portions of these visits. She also spent time explaining to me common diagnostic tests, including defecography and colonic transit studies seen in the clinic.

In the afternoon, I was scheduled to observe Manometry testing; however, no appointments were scheduled. I was therefore paired with Nurse Practitioner Cristina Scott. The first two scheduled patients did not show up. During this time, she reviewed the care of a previously consulted patient with a complex abdominal wound, fistula, and colostomy. The remaining three patients included a postoperative visit after sigmoid colon resection, a wound follow-up visit for a pilonidal cyst, and a patient with pelvic floor dysfunction. The last patient seen with pelvic floor dysfunction will be discussed in greater detail in the chart note.

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. 1. select one patient who is an example of the identified specialty hours for this clinical day. 2. Write a chart note beginning with a brief, focused history and history of present illness, including why you are seeing the patient. 3. describe the visit including any physical assessment,

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interactions, interventions, and evaluations. 4. Complete a Braden Scale assessment if this was an inpatient encounter. 5. Identify any specific products used or recommended for use. Remember, this note reflects all that was *done* during the visit.

The plan of care reflects your direction/orders to another care provider *after* the encounter to be performed in your absence.

Chart note:

Patient is a 75-year-old female who presented with complaints of abdominal/rectal pain and fecal smearing/incontinence. Hx of HTN, COPD, and pelvic floor dysfunction. Medications reviewed, 2L O2 continuous, metoprolol, and Remeron. Recent diagnosis of H. pylori, and has an appointment with the infectious disease on 1/20/26. Patient previously seen in clinic 10/2023 and completed manometry and pelvic floor therapy. Currently reports severe constipation for the last 3 months with 1 bowel movement every 7-8 days. Patient reports she does not take prescribed laxatives related to an episode of sweating and feeling faint the last time she took it. She lives alone and was very fearful of this happening again. During the rectal exam, a hemorrhoid and anal fissure were identified. Exam well tolerated. Patient education provided on overflow fecal incontinence. Patient agreeable to stool softener. Education provided on prescribed stool softener and topical compound medication: nifedipine, lidocaine, hydrocortisone ointment. Discussed dietary modifications to promote gut health and need for follow-up appointment in 2 weeks. Patient verbalizes understanding. Denies questions.

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)

- Take stool softener twice daily as prescribed.
- Apply prescribed compound medication: nifedipine, lidocaine, and hydrocortisone ointment twice daily for 2 weeks.
- follow-up appointment in 2 weeks.
- Contact the clinic if questions or concerns arise before follow-up visit

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

My preceptors did an excellent job of taking time to listen to the patients and address all concerns, providing education, encouragement, and a holistic approach to patient care.

The only addition I would have made would be to ensure that the patient with fissure and hemorrhoid could reach her rectum to clean and apply the ointment. This could be done by simulating an application while seated.

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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?

My goal was to gain a better understanding of work-up considerations prior to diagnostic testing. I was able to meet this goal during clinic visits when the doctor reviewed with patient the history.

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

I will be inpatient wound care tomorrow. My goal is to learn how the WOC nurse manages the workload and prioritizes consultations.

For instructor use only. Do not remove or edit:

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	✓	
• Completes Braden Scale for inpatient encounter	✓	
• 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	✓	
• Braden subscales addressed (if pertinent)	✓	
• Statements direct care of the patient in the absence of the WOC nurse	✓	
• Directives are written as nursing orders	✓	
Thoughts Related to Visit:		
• Critical thinking utilized to reflect on patient encounter	✓	
• Identifies alternatives/what would have done differently	✓	

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Learning goal identified	✓	
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Reviewed by: _____ Date: _____

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