

Hypovolemic shock thinking exercise

The nurse is assessing a 68-year-old female patient who reports severe lower back and flank pain, excessive thirst, shortness of breath, anxiety, and weakness. The nurse reviews the following assessment findings:

**Vital signs**

Temperature – 97.9 F Heart rate – 110 beats per minute Respirations – 26 breaths per minute Blood pressure – 95/70 mm Hg Oxygen saturation – 92% (on room air)

**Physical Assessment Findings:**

Oral mucosa pale. Breath sounds clear. Capillary refill 4 seconds. Radial pulses weak bilaterally. Lower back pain 9/10. Bowel sounds hypoactive x 4.

Use an X to indicate whether the nursing actions below are *Indicated* (appropriate or necessary), *Contraindicated* (could be harmful), or Non-Essential (make no difference or are not necessary) for the patient’s care at this time.

<b>Nursing Action</b>	<b>Indicated</b>	<b>Contraindicated</b>	<b>Non-Essential</b>
Administer a normal saline 1000-mL bolus			
Administer oxygen via nasal cannula (NC)			
Draw type and screen for possible blood transfusion			
Ambulate the client to the toilet			
Position the head of the bed at 45-60 degrees			
Frequently check client mental status and level of consciousness (LOC)			
Educate the client about incentive spirometry			

**Rationales: Please document your rationales here.**