

“Chest Tight”

Congestive Heart Failure

Low RBC- 2.62
High BNP >4000
Low H&H 8.2/24.4
High Lymph 0.74

Cardiology

- ECG- results pending
- Chest Xray- Mild interstitial edema
- Peripheral vascular ultrasound- mild calcific atherosclerosis

No Procedures

Nephrology

Renal Ultrasound- unremarkable

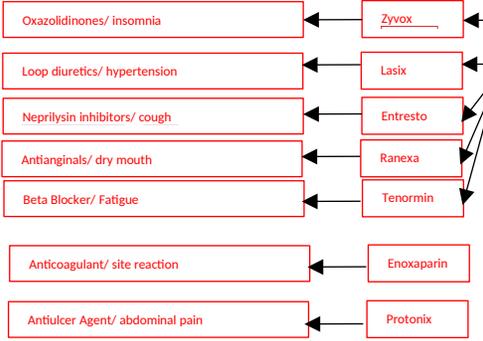
Internal Medicine

Foot X-Ray- soft tissue swelling

Infection

Congestive Heart Failure

Pt stated, “he was so tired and needed rest”, Short of breath, edema in lower extremities, crackles in upper lobes and diminished breath sounds in lower lobes bilaterally, pt stated that he “hasn’t had much of an appetite”, underweight, fall risk due to diabetic foot ulcer, productive copious cough.



Intervention/Teaching for No appetite (Imbalanced nutrition: less than body requirements)

- I will find out what the patient's favorite food is or something he is in the mood for, and I will request it from the cafeteria for him.
- Since the pt doesn't have much energy, I will teach him the importance and benefits of eating smaller and more frequent meals throughout the day, so mealtime doesn't completely exhaust him. in hopes that will help with him enjoying mealtime bringing his appetite back.

Discharge Planning:
I will make sure the patient has access to proper nutrition upon returning home. If not, I will contact the local food banks, meals on wheels, or senior citizen free mealtimes.

Intervention/Teaching for Shortness of Breath:

- I will make sure the head of the bed is positioned in semi-fowlers at all times to promote maximum chest expansion.
- I will teach the patient how to use the incentive spirometer to help expand their lungs. I will watch the patient demonstrate back to me to make sure they are doing it correctly and set a goal to do it 10x every hour they are awake.

Discharge Planning:
I will teach the patient how to turn, cough, deep breath, so if he becomes short of breath at home, this will allow his airway to open and get better oxygen flow. I will have the patient demonstrate it to me prior to discharge.