

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.

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

Rationales: Please document your rationales here.

1000 mL bolus → help bring up the BP and give her fluids due to the thirst she is experiencing.

O2 NC → for the SOB, and the anxiety she is experiencing, it'll help her breathe better

Blood → for volume if needed

Toilet → since she is having SOB, it may not be too good for her to get up, it would be better if she used the bed pan and because of the fatigue

HOB 45 – 60 → helps the fluid shift down where it is needed and helps with circulation that’s needed to perfuse throughout the body

LOC changes → needed because they could become hypoxic or if given too much fluids can cause an increase in ICP, also because there could be a need to see if there are any neuro deficits

Spirometry → not really needed since the patient is having SOB due to the anxiety, it could help keep her lung open and preventing atelectasis from happening