

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.

The patient needs to be rehydrated to produce adequate volume expansion. Oxygen should be administered because there is a decrease in oxygen delivery around the body due to a low circulating volume. The patient should be blood typed because although there are no external signs of bleeding, it may be internal. I would not move the patient to the restroom, because she is weak and not stable right now and moving her may cause a shift of fluids. The indicated position for this condition is a modified Trendelenburg. Hypovolemic shock can cause a decrease in mental status and LOC, so frequent checks are indicated to check if the patient is deteriorating. There is no reason for incentive spirometry currently because the lungs are functioning properly.