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:

The patient is experiencing hypovolemic shock, even though there are no external signs of bleeding. Care for patients in this condition focuses on returning the patient's intravascular volume to normal levels and preventing complications. Therefore, increasing the vascular volume with a normal saline bolus, administering supplemental oxygen to maximize circulating oxygen levels, drawing a type and screen for possible blood transfusion, and conducting a mental status assessment are necessary actions. Ambulating the patient to the bathroom is contraindicated because having the patient stand will shift intravascular volume away from major organs and possibly cause organ failure. Raising the head of the bed 45-60 degrees is contraindicated. Instead, the bed should be placed flat or at no greater than 30

degrees, and the feet and knees may need to be elevated to help perfuse the patient's major organs. At this time, educating the patient about incentive spirometry is not essential.