

Mental Health Case: Linda Waterfall

Documentation Assignments

1. Document your findings related to the focused assessments of Ms. Waterfall's signs and symptoms of respiratory and/or cardiac distress. Include her responses to your assessment.

When I listened to the patient's heart and lungs sounds, she stated that it felt heavy when she was breathing and she also stated that she felt like she was going to die. I asked her if she had chest pain and she denied any. Her respirations were 24 breaths per minute and her lung sounds were clear.

2. Document your findings related to the focused assessment of Ms. Waterfall's signs and symptoms of acute anxiety. Include her responses to your assessment.

The patient seemed very nervous. I believe she felt this way because she did not have her medicine bundle with her. She kept asking about the medicine bundle specifically. She also stated that she was very nervous about her surgery. When asked about how hard it must be to find out she had breast cancer, she said it all happened so fast and that she was frightened.

3. Referring to your feedback log, document all nursing care provided and Ms. Waterfall's response to this care.

I first made sure the room was safe and then proceeded to wash my hands and introduce myself to the patient. I also made sure that it was okay to discuss information about the patient in front of the family member. I checked her vital signs and assessed her IV site. I also checked to make sure her medications were documented correctly. The most important thing I did was make sure to address the patient's concerns and how she felt about the whole situation.

4. Document all interventions associated with the management of Ms. Waterfall's anxiety as they are included into her plan of care. Include interventions especially focused on her spiritual and cultural needs, as well as those demonstrating nursing advocacy.

I attempted to give Lorazepam, but she refused the medication. When I called the doctor, he said to address the anxiety. I did this by using therapeutic communication. I also helped by assisting the patient in taking deep breaths to help calm her. I also just responded in a way that she was feeling like she was being listened to.

5. Document your handoff report in the SBAR format to communicate Ms. Waterfall's future needs.

Situation: Linda Waterfall is a 48-year-old patient of Dr. Samuels. She is scheduled for a left mastectomy this morning at around 08:30

Background: Linda is a Native American woman who was diagnosed from a biopsy a few days ago. Linda states that her family lives far away and they wanted her to come home to meet with tribal healers before scheduling surgery. She did not do that and instead took the first available appointment for surgery. She's been a little nervous, and she mentioned that she has not been sleeping well. She shared that her mother died of complications of surgery. She also said she's worried about the cancer and very unhappy about losing her breast. Her cousin, Alice, brought her to the hospital this morning and is staying with her until she has to go into surgery. She is also very anxious about not having her medication bundle. She also stated that she is worried that she is going to die during the process of the surgery.

Assessment: Now we're just waiting on the call from surgery (Dr. Samuels). Her consent forms are signed and on the chart. She was started on intravenous (IV) dextrose 5% lactated Ringer's. It's infusing at 80 mL/h through an 18-gauge catheter in her right forearm. Her vital signs were as follows: heart rate, 110 beats/min; respiratory rate, 24 breaths/min; blood pressure, 154/85 mmHg; and temperature, 98.6 F. She has a small incision on the left breast from a biopsy last week. Her stitches were removed yesterday. The incision is dry and uncovered. She's able to get to the toilet without assistance, and she will receive a urinary catheter in surgery. She reports she has had nothing by mouth since before midnight. She takes no regular medications at this time and refused to take her preoperative lorazepam.

Recommendation: As I mentioned earlier, she seems pretty nervous, so I recommend checking in on her and introducing yourself and helping her stay calm. I told her I would be leaving, so she should be expecting someone new.