

Medical Case 2: Jennifer Hoffman

Guided Reflection Questions

1. How did the scenario make you feel?

This scenario made me feel prepared to care for an asthma patient, and helped me practice my respiratory assessments.

2. What assessment findings would indicate that the patient's condition is worsening?

Jugular vein distention, poor cap refill, increased work of breathing, decreased O2 sat, loss of consciousness, poor skin turgor, audible wheezing, out of range ABG levels.

3. When a patient develops a rapid onset of shortness of breath, what are the nurse's immediate priorities?

Immediately assess their airway and O2 Sat, sit them up, call the doctor to receive an order for oxygen and update them, continue to bag patient if needed.

4. Review Jennifer Hoffman's laboratory results. Identify which results are abnormal, and discuss how this relates to her clinical presentation and the disease process.

The patient's ABG levels came back as respiratory acidosis, meaning the Ph was low and the paO2 was high in relation to their normal levels. This is what is commonly seen for someone who is experiencing an asthma exacerbation due to the fast breathing and increased CO2 from hyperventilation.

5. What communication techniques are important for an extremely anxious patient who is having difficulty breathing?

Speaking in a calm tone and reassuring them they are okay, and you are helping them, as well as educating them on what you are doing as you are doing it to put them at ease.

6. What patient teaching priorities would be important for the patient who has experienced an acute exacerbation of asthma?

Teach them to try to stay calm and focus on their breathing pattern and not to panic, to carry an inhaler with them at all times, use breathing treatments as needed/prescribed, sit up.

7. What resources would you recommend for the patient experiencing asthma?

Asthma support groups, educational packets/websites on different medications and asthma education.

8. What would you do differently if you were to repeat this scenario? How would your patient care change?

I would focus on blood pressure more and be sure to wash my hands first thing, instead of only before touching the patient.