

Pediatric Case 4: Brittany Long

Documentation Assignments

1. Document the patient history you obtained for Brittany Long, including previous pain crises, hospitalizations, precipitating events, medical treatment, and home management.

5-year-old African American with a history of sickle cell disease. She has had previous pain crisis before that were managed with acetaminophen and ibuprofen. She has been hospitalized twice. Once at age 4 for a vaso-occlusive crisis episode and once at age 3 for a fever.

2. Document your initial focused assessment of Brittany Long.

I assessed the pain level using the FACES scale. She answered 6 on the FACES pain scale with a range of 0-10. Examined the patient's legs with the right lower leg warm to the touch.

3. Identify and document key nursing diagnoses for Brittany Long.

Acute pain, Ineffective breathing pattern, Fluid volume deficit.

4. Referring to your feedback log, document the nursing care you provided and Brittany Long's response.

Focused assessment, administered morphine, provided patient education, provided comfort items, started a bolus of 250 mL of NS. The patient responded positively to these interventions.

5. Document the patient teaching that you would provide for Brittany Long and her family before discharge, including disease process, nutrition, signs and symptoms of crises, prevention of infection and dehydration, and pain management.

The teaching I would provide would be the use of pain scales and nonpharmacological interventions for pain management. Episodes of pain are a major symptom of sickle cell anemia. This develops when sickle-shaped red blood cells block blood flow through tiny blood vessels. Some other symptoms to look for are swelling of hands and feet, sudden weakness, fast breathing, extreme thirst. When crisis starts you will need to drink plenty

of fluids and take over-the-counter pain medicine such as ibuprofen or acetaminophen. Some other interventions include a heating pad, hot bath, massage, or meditation. A diet should be high-calorie, nutrient dense food and adequate fluid for hydration.