



Case Study 89 Anemia

Advanced Medical-Surgical Nursing (University of Wisconsin-Madison)

SCENARIO:

G.C. is a 78-year-old widow who relies on her late husband's Social Security income for all of her expenses. Over the past few years, G.C. has eaten less and less meat because of her financial situation and the trouble of preparing a meal "just for me." She struggles financially to buy medicines for the treatment of hypertension and arthritis. She goes to the outpatient clinic complaining that over the past 2 to 3 months she has felt increasingly tired, despite sleeping well at night. Her vital signs (VS) are 136/76, 16, 80. She denies any dyspnea or palpitations. The nurse practitioner orders blood work. G.C.'s chemistry panel findings are all within normal limits and a stool guaiac test result is negative. Her other results are shown in the chart.

1. Which laboratory values are normal and which are abnormal?

- a. Normal Values: WBC count, platelets, MCH, MCHC, RDW, TIBC, vitamin B12, and folate
- b. Abnormal Values: hematocrit (Hct), hemoglobin (Hgb), MCV, iron, and ferritin

Laboratory Test Results:

Test	Result	Interpretation (high, low, normal, abnormal)
Laboratory Test Results		
White blood cell (WBC) count	7600/mm ³	Normal
Hematocrit (Hct)	27.3%	Low; Abnormal
Hemoglobin (Hgb)	8.3 mg/dL	Low; Abnormal
Platelets	151,000/mm	Normal
Red Blood Cell (RBC) Indices		
Mean corpuscular volume (MCV)	65 mm ³	Low; Abnormal
Mean corpuscular hemoglobin (MCH)	31.6 pg	Normal
MCH concentration (MCHC)	35.1%	Normal
Red cell distribution width (RDW)	15.6%	Normal
Iron (Fe)	30 mcg/dL	Low; Abnormal
Total iron-binding capacity (TIBC)	422 mcg/dL	Normal
Ferritin	8 mg/dL	Low; Abnormal
Vitamin B12	414 pg/mL	Normal
Folate	188 ng/mL	Normal

13. Using SOAP, write a sample documentation entry for this encounter.

Subjective	
Objective	
Assessment	
Plan	

References

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