

# Patient Preparation Worksheet

Time	Meds/Care Priorities	Labs/Glucose

Initials: IM Room #: 606 Adm. Date 4/11 Post op day# \_\_\_\_\_

Diagnosis: thrombocytopenia, abnormal CT

Current problem: \_\_\_\_\_

Patient Story: pt to ED following abnormal labs after complaint to PCP in AM appointment of SOB, generalized weakness

Allergies: NKDA

PRIORITY Body System to Assess: Respiratory/skin

	CV	Resp	Neuro	GI	GU	Skin	VS/Pain	Other
Prior Nursing Assessment								
Current Nursing Assessment								

Abnormal Relevant Lab Tests	Current	Clinical Significance
Complete Blood Count (CBC) Labs		
WBC	3.57 ↓	decreased immune system
PTT	22 ↓	↓clotting
Hemoglobin	9.9 ↓	anemic/↓O <sub>2</sub> perfusion
Metabolic Panel Labs		
LDH	4,269 ↑	tissue damage
creatinine	0.50 ↓	kidney issues
Misc. Labs		
D-Dimer	>5,000 ↑	
Lab TRENDS Concerning to Nurse?		
WBCs/RBC's/Hemoglobin ↑ from initial labs		

Code Status Full  
 O2 therapy RA  
 IV site PIV LT AC 18gauge  
 IV Maintenance       
 IV Drips       
 Tubes       
 Activity as tolerated  
 Fall Risk/Safety       
 Diet       
 Last BM 4/16/24  
 Intake: 525  
 Output:       
 Therapies: RT/OT/PT       
 Dressings     

Notes: HX of chronic constipation, T2D, obesity

## Pharmacology

List each medication you will administer this shift and the PRNs in the last 24 hours.

Medications	Pharm. Class	Mechanism of Action In OWN WORDS	Common Side Effects	Assessments/nursing responsibilities
Bupirone	anxiolytic		tachycardia muscle weakness	give medication everyday ? let pt know of common SE
vitamin B-12	vitamin	↑B-12 help with immunity		

## Pathophysiology

Interpreting clinical data collected, what is the primary/current medical problem? State the pathophysiology of this problem in your *own* words.

Medical Problem	Pathophysiology of Medical Problem
Thrombocytopenia anemia ↓WBC	↓RBC / hemoglobin leading to ↓ oxygenation/SOB ↓immune response

## Problem Recognition

To prevent a complication based on the primary medical problem, answer each question in the table below.

Question	Most Likely	Worst Possible
Identify the most likely and worst possible complications.	fatigue	hemorrhage
What interventions can prevent them from developing?	O <sub>2</sub> therapy	FFP/RBCs bedrest
What clinical data/assessments are needed to identify them early?	LOC	↓BP, ↑HR, bruising, Labs
What nursing interventions will the nurse implement if the anticipated complication develops?	O <sub>2</sub> therapy ↓activity level	Notify HCP, code

## Putting it All Together to Provide Safe Patient Care

1. Which findings have you collected that are most important and need to be noticed as clinically significant?

Most Important Assessment Findings	Clinical Significance
↓O <sub>2</sub> sat pale Labs	↓RBCs/PTT/WBC all indicate ↓ immune responses

## Medical Management of Care

2. Identify the rationale for each provider order and its expected outcome.

Provider Order	Rationale	Expected Outcome
at home O <sub>2</sub>	↓ fatigue & ensure oxygenation	pt has better quality of life

## Nursing Management of Care

3. After interpreting clinical data collected, identify the nursing priority goal for your shift and three priority interventions specific for your patient. For each intervention write the rationale and expected outcome.

Nursing Priority	O <sub>2</sub> & pt safety	
Goal/Outcome	↑oxygenation & ensure pt does NOT have hemorrhage	
Priority Intervention(s)	Rationale	Expected Outcome
1. fall bundle	1. ensure pt does not bruise due to ↓ platelets	1. no fall
2. RBC replacement	2. ↑RBCs to ↑oxygenation	2. ↑perfusion & ↓fatigue
3. Oxygenation	3. pt needs adequate perfusion to all body & brain	3. pt ↑O <sub>2</sub> sat & ↓SOB

4. What interventions/nursing responsibilities could be delegated?

Nursing Tasks/Interventions	Appropriate Delegation to Whom?	Rationale for Delegation
medications education TO <sub>2</sub> sat assessment baths	assessment: LVN baths: CNA	LVN can do assessments just not initial CNA can help w/ pt care

5. To provide compassionate holistic care for this patient, answer the following questions.

What is the patient likely experiencing/feeling right now in this situation?	Sadness
What can you do to engage yourself with this patient's experience, and show that they matter to you as a person?	listen to their feelings & encouraging them

6. Identify the psychosocial/holistic care priority specifically for your patient based on the findings you noticed as most important. List appropriate interventions, rationale, and expected outcomes.

Psychosocial/Holistic Care Priority	emotional support	
Priority Intervention(s)	Rationale	Expected Outcome
Teaching them to be careful & what to look for as signs	knowledge is power & will keep them safe	pt will know that they can still have quality of life

## EDUCATION PRIORITIES/DISCHARGE PLANNING

7. Identify three priority educational topics that need to be included in a teaching plan to prevent complications and prepare this patient for discharge.

Teaching About Illness Care	Rationale	How are you going to teach?
1. nutrition	1. Type 2 diabetes & proper diet will ↑ immunity	1. ↓ carb   sugar count carbs   sugar
2. safety	2. ↓ PTT = ↑ risk for bleed	2. always watch surroundings soft tooth brush electric razors
3. S/S of a problem	3. ↓ PTT = ↑ risk for bleeding TZD = ↑ risk DKA	3. check blood glucose regularly before & after each meal light headed / bruises / ↑ HR / ↓ BP could be S/S of hemorrhage

## EVALUATION

8. After implementing the plan of care, interpret clinical data at the end of your shift to determine if your patient's condition has improved, has not changed, or has declined. (NCSBN: Step 6 Evaluate outcomes)

Most Important Data	Improved	No Change	Declined

9. Has the patient's *overall* status improved, declined, or remained unchanged during your shift? If the patient has not improved, what other interventions must be considered by the nurse? (NCSBN: Step 6 Evaluate outcomes)

Overall Status	Additional Interventions to Implement	Expected Outcome
Slight improvement	O <sub>2</sub> therapy	↑ perfusion

## END OF SHIFT: Professional Communication-SBAR to Primary NURSE

<p><b>Situation</b></p> <ul style="list-style-type: none"> <li>Name/age</li> <li>Brief summary of primary problem</li> <li>Day of admission/post-op #</li> </ul>
<p><b>Background</b></p> <ul style="list-style-type: none"> <li>Primary problem/diagnosis</li> <li>Most important past medical history</li> <li>Most important background data</li> </ul>
<p><b>Assessment</b></p> <p>Most important clinical data:</p> <ul style="list-style-type: none"> <li>Vital signs</li> <li>Assessment</li> <li>Diagnostics/lab values</li> </ul> <p><i>Trend</i> of most important clinical data (stable-increasing/decreasing)</p> <ul style="list-style-type: none"> <li>How have you advanced the plan of care?</li> <li>Patient response</li> <li>Current status (stable/unstable/worsening)</li> </ul>
<p><b>Recommendation</b></p> <ul style="list-style-type: none"> <li>Suggestions to advance plan of care</li> </ul>

## POST-CLINICAL REFLECTION

To strengthen your clinical judgment skills, reflect on your knowledge and the decisions made caring for this patient by answering the reflection questions below.

Reflection Question	Nurse Reflection
What feelings did you experience in clinical? Why?	I was very excited to see the very different variety of presenting S/S and DX. I really enjoy cardiac so I find this floor interesting. I like to see the different cardiac issues.  AND
What did you already know and do well as you provided patient care?	I already knew how to prioritize what assessment to do. I feel like I am good at being personal c pt & comfort
What areas do you need to develop/improve?	I really want to get more comfortable trusting my assessment of the situations
What did you learn today?	I learned that sometimes we will send pt home just to watch their labs & not always fix the issue
How will you apply what was learned to improve patient care?	I feel like my interpretation of labs helps my teaching so stay sharp on those will improve my care.