

Firelands Regional Medical Center School of Nursing  
Nursing Care Map

Student Name: Natasha Doughty

Date 1/27/2023

Noticing/Recognizing Cues:

**\*Highlight all related/relevant data from the Noticing boxes that support the top priority problem\***

Assessment findings\*:

- Intermittently tearful
- Right hand/arm tremor appears to get worse when overwhelmed.
- Lack of quality sleep-tired
- R leg +1 pitting
- R leg bruising
- 95% O2 RA
- Decreased mobility of R leg
- Stool dark maroon/black
- Guarding of R leg
- impaired ability to made decisions
- impaired ability to ask for help

Lab findings/diagnostic tests\*:

- Chest CT negative for PE
- UA + nitrates and E. coli
- EGD + gastric ulcer
- EGD + gastroduodenitis
- Hgb - 8.1 (L)
- WBC- 13.2 (H)
- Occult Blood +
- Pathology Biopsy- neg Helicobacter pylori
- Pathology Biopsy- chronic gastritis, mild, nonspecific

Risk factors\*:

- From home alone
- Inadequate support system- friends live far away
- Loss of best friend due to Covid-19
- Estranged family relationships.
- Decreased ambulation
- Recent health concerns (GI bleed)
- Current abuse of NSAIDS
- Prescription for daily Aspirin
- Recent surgery (R TKR)
- Inability to drive/limited transportation
- History of arthritis
- Family history of mental illness
- Family history of blood disorders
- Family history of aneurysm.

Interpreting/Analyzing Cues/  
Prioritizing Hypotheses/  
Generating Solutions:

Nursing priorities\* : **\*Highlight the top nursing priority problem\***

- Ineffective Coping
- Decreased Activity Tolerance
- Deficient Knowledge regarding condition, prognosis, self care, and treatment needs
- Insomnia
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Potential complications for the top priority:

- Decreased sense of well being
- Increased medical intervention r/t inability or desire to care for oneself
- Increased strain of support system
- Impaired healing post operatively r/t refusing therapy and ambulation
- More frequent anxiety attacks
- Economic hardship of patient
- Destructive behavior towards self or others
- Substance abuse- (vaping/ med dosage)

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Responding/Taking Actions:

**Nursing interventions for the top priority:**

1. Advocate pt receive outpatient services (counseling) that can assist with new coping techniques and the reduction of anxiety attacks.
  - a. Write detailed nurses notes to communicate with physician regarding patient concerns (Q2 hours and PRN)
  - b. Educate patient on importance of mental health and community resources to assist upon discharge
2. Monitor vitals Q4 and PRN for signs of distress
  - a. Increased heart rate and breathing pattern indicative of heightened anxiety.
3. Communicate with patient in order to facilitate patient centered care and build a trusted environment.
  - a. Listen to patient when they want to talk
  - b. don't interject personal bias and opinion
4. Educate patient regarding current medical diagnosis.
  - a. Provide written education pamphlets for patient to refer at home
  - b. Have educational discussions frequently with small amounts of content in order to not overwhelm.
  - c. Education should begin upon admission in preparation for discharge home
5. Provide low light and low stimuli environment
  - a. Reducing TV volume
  - b. Turning off lights and slightly closing blinds

Reflecting/Evaluate Outcomes:

**Evaluation of the top priority:**

- Pt agreeable to outpatient services
- Pt excited and confident for return home
- Agreeable to therapy and ambulation
- Ambulated to bathroom for voiding-improvement over bsc and refusal to use bathroom
- Friend bedside and offering support when requested by patient
- (Continue plan of care)