

Firelands Regional Medical Center School of Nursing  
Nursing Care Map

Student Name: Allison Martin

Date: 1/26/23

Noticing/Recognizing Cues:

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

Assessment findings\*:

- Migraine
- Pain 6/10
- Tingling in hands
- Emotional - crying
- BP - 172/88
- Periods of memory loss
- Repeating words
- Frequent Urination

Lab findings/diagnostic tests\*:

- Sodium - 135L
- Glucose - 136H
- Hemoglobin AC1 - 6.6H
- RBC - 5.62H
- CAT Scan - Normal
- Carotid artery ultrasound - Normal
- Brain MRI - Normal

Risk factors\*:

- No Primary Care Provider
- Age - 64
- Former 30 pack year smoker - quit 2013
- Financial Issues - can't afford time off work
- Environmental issues - flat tires
- Work overload - nightshift nurse
- Fear of poor test results
- History of migraines

Interpreting/Analyzing Cues/  
Prioritizing Hypotheses/  
Generating Solutions:

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

- Stress overload
- Acute pain
- Impaired memory
- Ineffective coping

Potential complications for the top priority:

- Migraines
  - o Headache, dizziness, sensitivity to light/sound, Head pain, N/V
- Diabetes
  - o Excessive thirst, frequent urination, fatigue, blurred vision
- Stroke
  - o Weak muscles, slurred speech, Numbness/Tingling, one sided paralysis
- Insomnia
  - o Difficulty sleeping, depression headache, irritability
- Weight gain
  - o SOB, Constipation, Swelling in extremities, Elevated heart rate

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. Assess stress levels q12h or PRN - To determine if the patient is responding to stress relief techniques.
2. Assess pain levels q2h or PRN - To identify if pain management and plan of care is working.
3. Promote calm environment daily - To reduce levels of stress and ease migraine symptoms.
4. Practice breathing exercises daily - To calm patient and reduce emotional overload.
5. Actively listen to the patient daily - To promote trust and identify potential problems.
6. Identify factors causing stress daily - To see if any stress factors can be eliminated.
7. Administer Tramadol 50 mg IVP q6h or PRN - To treat the patient's migraine pain.
8. Encourage adequate sleep daily - To decrease the stress hormone cortisol.
9. Educate on stress relief techniques daily - To reduce stress and risk for potential health issues.

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- Migraine comes and goes
  - Pain with migraine
  - Intermittent periods of crying
  - BP - 152/84
  - No more periods of memory loss
  - Still repeating words
- Continue plan of care

Resources:

Doenges, M. E., Moorhouse, M. F., & Murr, A. C. (2019). *Nurses' pocket guide: Diagnoses, prioritized interventions, and rationales* (15<sup>th</sup> ed). F. A. Davis Company: Skyscape Medpresso, Inc.