

Firelands Regional Medical Center School of Nursing
Nursing Care Map

Student Name _____ Taylor Whitworth _____

Date _____ 2/9/2023 _____

Noticing/Recognizing Cues:

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

Assessment findings*:

- Decreased appetite
- High BP 171/97
- Afib on tele
- Glasses
- Missing teeth
- Headache Pain 4/10
- High glucose 124
- Chest pain- tightness
- Nausea
- Decreased activity

Lab findings/diagnostic tests*:

- WBC 12.0
- Na 130
- K 3.8
- Glucose 124
- BUN 9
- Ca 9.5
- Creatinine 0.87
- Hgb 12.6
- CXR (-)

Risk factors*:

- Afib
- Smoker
- Diabetes
- Thyroid Disease
- Decreased appetite
- 60 years old

Interpreting/Analyzing Cues/
Prioritizing Hypotheses/
Generating Solutions:

Nursing priorities*:

- Impaired Comfort
- Acute Pain
- Decreases activity tolerance
- Risk for decreased Cardiac Output

Potential complications for the top priority:

- Altered heart rate and rhythm
 - Tachycardia, ECG changes (arrhythmias), irregular apical
- Altered Contractility
 - Coughing, adventitious breath sounds, SOB/dyspnea
- Altered Pre/Afterload
 - PRE: Edema, heart Murmur, JVD
 - AFTER: Clammy skin, decreased peripheral pulses

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. Monitor patients BP, HR Q4hrs and PRN to see if vitals are improving or declining.
2. Monitor tele Q4hr and PRN to assess cardiac arrhythmias.
3. Monitor Labs (CBC, electrolytes, ABGs, BNP) Q24hr to identify imbalances, disease process, and adverse effects to treatment.
4. Assess patients pain level Q6hr & PRN to provide the patient with pain relief and pain management care.
5. Assess Nausea and Vomiting PRN to be able to lessen or ease the problem.
6. Monitor daily weight Q24hr to watch for possible signs of fluid overload.
7. Monitor I&O Q-shift & PRN to maximize CO and improve tissue perfusion.
8. Administer antihypertensives medications as appropriate and monitor for changes. Q24 hrs Metoprolol 100mg PO, Lisinopril 40mg PO, Hydrochlorothiazide 25 mg PO to manage hypertension.
9. Administer Acetaminophen 650mg Q6hrs for pain to reduce oxygen demand and decrease workload.
10. Administer Zofran PRN for nausea and vomiting to reduce patients symptoms to possible consume their meal.
11. Elevate legs if edematous or provide SCDs while in bed or sitting to improve venous return and systemic circulation PRN.
12. Encourage relaxation techniques (deep breathing) to reduce anxiety and muscle tension Q2 and PRN.

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- Pain 2/10 in head no longer throbbing.
- BP 140/80 improvement from 171/97.
- HR 60 bpm
- No complaints of chest pain
- No reports of nausea
- Appetite has increased
- Afib on tele

-CONTINUE PLAN OF CARE

Reference: Myers, E. (2018). *RNotes: Nurse's clinical pocket guide* (5th ed.). F.A. Davis Company:

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