

Firelands Regional Medical Center School of Nursing
Nursing Care Map

Student Name: Caitlyn Silas

Date: 2/16/2023

Noticing/Recognizing Cues:

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

Assessment findings*:

1. Weight -58.2kg
2. BMI - 17.9kg
3. Glasses
4. Abnormal gait
5. Wheelchair
6. Urge incontinence
7. Oliguria
8. Fluid Restriction of 1200mL
9. 40% of lunch ate, 20% of dinner

Lab findings/diagnostic tests*:

1. Na 134 L (dehydration, or drinking too much water)
2. K+ 4.2 (Poor intake of nutrients can result in low K+)
3. Glucose 129 H (Dehydration, less water means more sugar in the blood)
4. BUN 29 H (Dehydration, malnutrition)
5. Creatinine 1.03 (Dehydration, malnutrition)

Risk factors*:

1. Mobility Issues
2. Confusion
3. Smoker
4. Age 67
5. Alcohol abuse
6. Seizures
7. R. Knee surgery
8. Lung Cancer

Interpreting/Analyzing Cues/
Prioritizing Hypotheses/
Generating Solutions:

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

1. Imbalanced Nutrition (Myers, E., 2018)
2. Impaired Cognition
3. Impaired Mobility

Potential complications for the top priority:

1. S/S of electrolyte imbalance
 - a. Confusion and irritability
 - b. Diarrhea
 - c. Muscle weakness
 - d. Nausea
 - e. Numbness or tingling in limbs, fingers, or toes
2. Dehydration
 - a. Dry mouth
 - b. Oliguria
3. Poor Wound healing
 - a. Redness
 - b. Skin breakdown

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. Assess vital signs
 - a. Every 4-8 hours to help determine hydration status
2. Assess for any weight change
 - a. Daily, weight change can indicate malnutrition
3. Monitor intake and output
 - a. Every 8 hours, make sure fluid requirements are getting met and output is adequate
4. Administer Meds
 - a. Folic Acid 1g PO daily
 - i. Control of anemia, keeps Hct and Hgb WNL
 - b. Theragra 1 tablet daily
 - i. Multivitamin take for any vitamin deficiencies
 - c. Potassium Chloride 20 mEq daily
 - i. Electrolyte replacement due to the loop diuretics
 - d. Sodium Chloride 1g TID
 - i. Electrolyte replacement due to the loop diuretics
 - e. Thiamine 100mg BID
 - i. Vitamin used for Vitamin B1 deficiency
5. Educate on the need for adequate nutrition
 - a. Every day, remind that all nutrients are needed in meals and are important for proper vitamin and electrolyte replacement as well as for proper wound healing.

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

1. Weight – Maintains the same
 2. BMI – Maintains the same
 3. Urge Incontinence – Issue is not resolved, pt. is still have incontinence episodes
 4. Oliguria – Issue is not resolved, pt. is still having trouble urinating
 5. Fluid restriction of 1200ml – Maintaining fluid restriction to maintain sodium levels
 6. 40% of lunch ate, 20% of dinner – pt. is not consuming adequate nutrition, possibly contact dietitian
- Continue the plan of care