

Firelands Regional Medical Center School of Nursing
Nursing Care Map

Student Name _____ GARY BARRETT _____

Date _____ 2/18/2023 _____

Noticing/Recognizing Cues:

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

Assessment findings*:

- Fractured 5th and 6th left ribs
- Pain 9/10 in back and side
- Impaired mobility
- Hypoxemia
- Gout
- Left Shin wound
- Hearing Aids
- Bruising on back
- Cane for ambulation
- Dentures
- Emotional
- Arthritis

Lab findings/diagnostic tests*:

- WBC 10.4
- RBC 4.32
- Hgb 13.6 HGB was checked and came back within normal ranges. The Hemoglobin blood test checked to establish the flow of oxygen from the lungs to the tissues and organs from the blood. It was drawn due to her low Spo2 at admission.
- Platelets 234
- Pulse oximetry upon arrival at ER was 91, orders included nasal cannula at 2 liters under 92.
- Chest X-Ray X-Ray showed fractures to the left 5th and 6th Rib.
All Lab findings were within normal limits due to patient being healthy beyond the injury to her ribs and shin.

Risk factors*:

- 96 years old
- History of myocardial Infarction
- Gout
- Coronary Angioplasty with stents
- Shoulder Surgery
- Right Clavicle fracture
- Osteoporosis
- History of Covid-19
- History of Hypertension

Interpreting/Analyzing Cues/
Prioritizing Hypotheses/
Generating Solutions:

Nursing priorities*:

Highlight the top nursing priority problem

- Acute Pain associated with rib fractures
- Hypoxemia
- Impaired mobility/ activities of daily life
- Hypertension
- Impaired sleep
- Depression

Potential complications for the top priority:

- Impaired mobility
 - Decreased quality of life
 - Hypertension
 - Delayed recovery time
- Hypoxemia
 - Decreased spo2
 - Decreased cognitive function / alertness/confusion
 - Fast heart rate
 - Shortness of Breath
- Depression
 - feeling of worthlessness
 - Anxiety
 - Impaired sleep

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. Complete **focused** assessment of patient's **ribs and pain level** every 8 hours. This is to help manage patient's care program as well as to evaluate pain management.
2. **Observe oxygen saturation levels, administer oxygen via nasal cannula when necessary.** This will provide supplemental oxygen to help maintain oxygen levels > 92 per orders.
3. **Encourage deep breathing every 2 hours.** Encouraging deep breathing and coughing helps prevent build up of fluids/secretions.
4. **Administer patient's analgesic and pharmacologic medications as ordered.** Analgesics may reduce pain that impedes movement in patient.
5. **Assist patient with range of motion exercises.** This will be done to help prevent stiffness and maintain muscle strength and stamina.
6. **Reposition patient every 2 hours.** Position changes promote circulation to all tissues and relieves pressure and aids in prevention of breakdown of skin integrity.
7. **Educate patient daily on ambulation and assistive device usage.** This will help promote safety, enhance mobility, reduce fall risk, and conserve energy.

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- o Pain 3/10 in left ribs and back area
- o Ribs healing, leading to increased movement and ability to provide self care.
- o Increased mobility with use of cane per self.
- o Improvement of gout pain to 2/10 because of application of analgesic cream, Thorworx foam and gentle massage.
- o Left shin wound scabbed and open to air, healing
- o Bruising of back and swelling has diminished.
- o Emotions have improved. Stating she is looking forward to going to her daughter's house to continue rehabbing. Previously, was feeling she was burdening her daughter.

Continue plan of care.