Firelands Regional Medical Center School of Nursing
Nursing Care Map

Student Name Taylor Fox **Date** March 15th, 2023

Noticing/Recognizing Cues:

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

Assessment findings*:

- Uses visual aids (glasses)
- Decreased ROM in right lower extremity: non-weightbearing status
- Use of assistive device (walker x1 assist)
- Fall Precautions (last fall within the month)
- Pitting Edema +2 in left lower extremity/ankle
- Chest Infusaport
- Decreased ability in performing ADL's
- HoH (uses bilateral hearing aids at home)
- Numbness in legs bilaterally
- Tingling in fingertips bilaterally
- 97.9 oral temperature
- 117/71 blood pressure
- 78 bpm heart rate
- SpO2 95%
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Lab findings/diagnostic tests*:

- Calcium 8.1 (low)
- RBC 3.14 (low)
- Hgb 8.9 (low)
- Lymph # 0.9 (low)
- Xray on 03/02/23: Showed a right ankle fracture bimalleolar/ trimalleolar

Risk factors*:

- Active Chemotherapy
- Hypoglycemic Episodes (diabetes)
- Chronic Pain
- Constipation
- Generalized Weakness
- Age: 76
- Right ankle fracture
- Left ankle pitting edema 2+

Interpreting/Analyzing Cues/ Prioritizing Hypotheses/ Generating Solutions:

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

- Impaired Mobility
- Decreased Activity Tolerance
- Chronic Pain
- Generalized Weakness

Potential complications for the top priority:

- Deep Vein Thrombosis (DVT)
  1. Leg swelling
  2. Cramping or soreness that starts in calf
  3. Warm temperature in affected leg
  4. Erythema
- Pneumonia
  1. Change in Mental Status (confusion, irritability)
  2. Chest tightness/pain
  3. Acute Respiratory Distress (SOB, inability to breathe)
- Urinary Tract Infection
  1. Frequent, painful urination
  2. Nausea/Vomiting
  3. Back or side pain
  4. Pelvic pressure
  5. Shaking accompanied by chills

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. **Assess Bilateral Lower Extremity Pulses such as Posterior Tibial, Popliteal, Dorsalis Pedis q4h and PRN (0800, 1200, 1600)**

Rationale: To monitor pulses to make sure they are present, strong, and equal.

2. **Assess Circulatory status q4h and PRN (0800, 1200, 1600)**

Rationale: To monitor for edema in left and right ankles, to make sure it is not progressing.

3. **Assess Musculoskeletal status q4h and PRN (0800, 1200, 1600)**

Rationale: To monitor Range of Motion in affected extremities, along with impaired gait.

4. **Administer Hydrocodone 5-325 mg 1 tablet q4h or PRN**

Rationale: To assist in pain management and keep within tolerable limits.

5. **Administer Apixaban PO 2.5mg BID**

Rationale: To prevent Deep Vein Thrombosis.

6. **Administer Gabapentin 100mg PO BID**

Rationale: Used to treat nerve pain and improve numbness and tingling in extremities.

7. **Encourage ambulation q4h and PRN (0800, 1200, 1600)**

Rationale: To help prevent pressure ulcers, decreased ROM, DVT (complications from a sedentary lifestyle)

8. **Encourage patient to reposition every 2 hours while awake and PRN.**

Rationale: To prevent pressure ulcer formation and improve skin integrity.

9. **Encourage/ educate patient to do ROM exercises q4h and PRN while awake.**

Rationale: To prevent DVT, and improve circulation and strength to affected extremity.

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- **Uses visual aids (glasses)**
- **Decreased ROM in right lower extremity (non-weightbearing status with boot)**
- **Use of assistive device (walker x1)**
- **Fall Precautions**
- **Pitting edema +2 in left lower ankle**
- **Numbness in legs bilaterally**
- **Xray on 03/03/23: shows trimalleolar fracture, status post fixation with improved alignment and reduction of mortise. Next Xray scheduled for 03/17/2023**
- **No updated labs to examine Calcium, RBC, Hgb, Lymph #'s**
- **Continue plan of care**

References:

Doenges, M. E., Moorhouse, M. F., & Murr, A. C. (2022). *Nurses' pocket guide: Diagnoses, prioritized interventions, and rationales* (16th ed). F. A. Davis Company: Skyscape Medpresso, Inc.