

Firelands Regional Medical Center School of Nursing
Nursing Care Map

Student Name Marena Owen

Date 11/8/2023

Noticing/Recognizing Cues:

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

Assessment findings*:

- B/P- 108/56
- SpO2- 96% on RA
- Temperature- 98.3 degrees (oral)
- HR- 89 strong, regular
- A&O x3
- Weight- 88kg
- BMI- 28.6
- PP- 91 bpm
- RR- 18
- Left shoulder surgery- healing well.
- Right hip fracture
- 82-year-old Male
- Unsteady gait

Lab findings/diagnostic tests*:

- RBC- 3.30 (Low)
- Hgb- 9.0 (Low)
- Lymphocytes- 0.9 (Low)
- WBC- 10.9 (High)

Diagnostic Tests:

- Physical Therapy
- Shoulder X-Ray
- Shoulder Surgery

Risk factors*:

- Insufficient muscle strength bilateral legs
- Decreased activity tolerance
- Pain when moving shoulder and weight-bearing on right leg.
- BMI classified as obesity.
- Age- 82-year-old male
- Non-weight bearing on left shoulder
- Neurobehavioral manifestations
- Anxiety
- Pain- 6/10

Interpreting/Analyzing Cues/
Prioritizing Hypotheses/
Generating Solutions:

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

- Impaired transfer ability
- Impaired physical mobility
- Impaired bed mobility
- Impaired sitting/standing.
- Risk for injury
- Impaired comfort
- Impaired tissue integrity

Potential complications for the top priority:

- Joint stiffness from no movement
- Pain- 6/10
- Left shoulder surgery and right hip fracture.
- Elevated anxiety
- High fall risk

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. Motivate patient to ambulate from bed to chair.
 - Moving helps promote circulation to extremities and prevents muscle/joint stiffness.
2. Motivate patient to participate in ADLs to promote independence.
 - Gives patient a sense of freedom and releases endorphins and serotonin.
3. Assess nutritional status to promote healing and gain energy and strength.
 - Increase of protein helps with wound healing, increase of foods with high iron helps increase Hgb and RBC.
4. Verbalize importance of patient safety.
 - Patient safety is number one priority to prevent falls, hospital accidents, or other bodily injuries.
5. Educate patient and family how to correctly use walker when ambulating.
 - Proper education on walker usage prevents falls and can be used to support patient if they need a short rest from activity.
6. Encourage patient to move affected areas to increase circulation and muscle strength.
 - Do not want injury sites to become stiff from being immobile, lack of usage sites could cause muscle atrophy.
7. Educate patient and family the importance to use pillows to elevate legs and back to prevent pressure ulcers.
 - Supports extremities from creating friction and heat to affected areas, encourages elevation, and prevents DVTs or other blood clots.
8. Educate and demonstrate patient and family how to properly clean wound sites before being discharged.
 - Prevents surgical site from getting infected while being at home.
9. Educate patient and family medication schedules and when to use pain management prescriptions correctly.
 - If patient gets sent home with prescriptions it is important to have pain management pills on a schedule to prevent drug toxicity, abuse, or fatal accidents.
10. Maintain proper position while being in bed or chair to prevent pressure ulcers and keep skin integrity intact.
 - This helps prevent skin breakdown while being in bed or chair for long periods of time.

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- Patient will be able to ambulate from bed to chair with the help of physical therapy.
- Encouraged patient to get a bag bath and the importance of hygiene.
- Patient had increased nutritional appetite intake than previous day.
- Patient will be discharged from unit transferred to rehab unit.

Continue Plan of Care.