Firelands Regional Medical Center School of Nursing
Nursing Care Map

Student Name _____ **Date** _____

Noticing/Recognizing Cues:

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

Assessment findings*:

- Diminished lung sounds
- Wheezing lung sounds
- Fine crackle lung sounds
- Dyspnea on exertion
- Hernia repair
- Intermittent chest pain
- Edema +1 LLE
- Glasses
- Dentures
- Capillary refill > 3 seconds
- Fused left ankle

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Lab findings/diagnostic tests*:

- BNP – 504.0 High
- Chloride – 109 High
- Creatinine – 1.36 High
- WBC – 12.7 High
- Hemoglobin – 7.4 Low
- RBC – 3.34 Low
- Hematocrit – 26.6 Low
- Mono # - 1.2 High
- CXR - mild cardiomegaly with perihilar vascular prominence and interstitial prominence, may represent volume overload/CHF.

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Risk factors*:

- CAD
- HTN
- Hyperlipidemia
- Heart artery stent
- H/o heart attack
- Smokes
- BMI 44.8
- CPAP Machine
- Age 67

Interpreting/Analyzing Cues/ Prioritizing Hypotheses/ Generating Solutions:

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

- Impaired gas exchange
  Excess or deficit in oxygenation and/or carbon dioxide elimination at the alveolar-capillary membrane

- Acute pain
  Unpleasant sensory and emotional perception with actual or potential tissue damage

- Activity intolerance
  limited mobility due to SOB

Potential complications for the top priority:

- Cyanosis
  - Low body temperature
  - Decreasing SpO2 levels
  - Skin color
- Hypoxia
  - Restlessness
  - Tachycardia
  - Difficulty breathing
- Nasal flaring
  - Widened nostrils with inhalation
  - Wheezing
  - Clammy skin

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. Identify contributing factors every time he has SOB
   - Rational: to try and minimize what he is doing that causes his SOB
2. Asses his RR and SpO2 q4H
   - Rational: to evaluate his degree of compromise
3. Observe breathing habits q4H or PRN
   - Rational: to watch for nasal flaring, labored breathing, and anything abnormal
4. Auscultate lung sounds q4H
   - Rational: to identify any wheezing or crackles
5. Elevate HOB AAT
   - Rational: to promote a clear airway
6. Encourage rest PRN
   - Rational: to promote healing and to allow pt to catch his breath
7. Educate pt about risk factors such as his smoking and why he should stop as much as possible
   - Rational: to encourage smoking cessation to promote health
8. Educate about nutrition and how it can reduce the work of breathing three times a day, at meals
   - To promote health and education about obesity's effect of breathing

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- No complaints of SOB
- RR – 16
- SpO2 – 95%
- No chest pains
- Hemoglobin – 10.6 (low but improved)
- WBC - 6.9 normal
- RBC – 3.57 (low but improved)
- Mono # - 0.6 normal
- Hematocrit - 33.2 (low but improved)

Continue plan of care