

Firelands Regional Medical Center School of Nursing  
Nursing Care Map

Student Name: Grace Catanese

Date : 11/16/23

Noticing/Recognizing Cues:

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

Assessment findings\*:

- - BP: 142/88
- - Expiratory wheezing lung sounds
- - Nonproductive, dry cough
- - Shortness of breath on exertion
- - RR: 18
- - Pt reports no pain, but does have discomfort
- - Pt reports she is depressed
- - SpO2 96% RA on admission
- - Dyspnea

Lab findings/diagnostic tests\*:

- - Lab Findings:
- RBC- 3.31 (L)
- Hgb- 9.9 (L)
- Hct- 30.8 (L)
- Glucose- 450 (H)
- -Diagnostic tests:
- Electrocardiogram- Normal sinus rhythm
- Chest X-Ray- No acute cardiopulmonary pathology

Risk factors\*:

- - 65-year-old female
- - h/o asthma
- - h/o HTN
- - Chronic obstructive pulmonary disease
- - h/o COVID
- - Overweight weighing 221 lbs.
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Interpreting/Analyzing Cues/  
Prioritizing Hypotheses/  
Generating Solutions:

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

- - Impaired gas exchange
- - Ineffective airway clearance
- - Shortness of breath
- - Hypertension
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Potential complications for the top priority:

- -Decreased RR
- - Decreased SpO2 sats
- - Confusion
- - Tachycardia
- - Nasal flaring
- - Decreased carbon dioxide levels
- - Cyanosis
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**Responding/Taking Actions:**

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**Nursing interventions for the top priority:**

1. Assess and monitor respiratory rate, depth, and use of accessory muscles every 4 hours and PRN.
  - a. Rationale: Helps to identify respiratory distress, and workload of breathing
2. Monitor vitals every 4 hours.
  - a. Rationale: Assess for better or worsening of BP after medications, SpO2 levels, and respiratory rate.Auscultate lung sounds every 4 hours.
  - b. Rationale: Assess any change in wheezing, worse or better than original assessment.
3. Administer Hydrochlorothiazide 12.5mg PO as ordered.

Rationale: Manages patient's hypertension

Administer Pantoprazole 40mg PO as ordered.

Rationale: Manages patient's esophagitis, GERD

Administer Verapamil ER 180mg PO as ordered.

Rationale: Manages patient's hypertension

Administer Enoxaparin 40mg subcutaneous as ordered.

Rationale: Treatment of deep vein thrombosis and ischemic complications

Encourage coughing and deep breathing every 2 hours and PRN.
  - a. Rationale: Assists in clearing any secretions and helps maintain adequate ventilation.
4. Encourage use of incentive spirometer every hour or as instructed.
  - a. Rationale: Prevents lung infections by expanding and strengthening the lungs, keeping clear of mucus and other secretions.
5. Encourage use of acapella twice daily or as directed.
  - a. Rationale: Helps clear sputum from the lungs when patient has difficulty
6. Review risk factors resulting in impaired gas exchange.
  - a. Rationale: Promotes prevention or management of risk
7. Educate on the need for adequate rest, while encouraging activity and exercise.
  - a. Rationale: To decrease dyspnea and improve quality of life
8. Educate on importance of nutrition.
  - a. Rationale: Improves stamina and reduces the work of breathing

**Reflecting/Evaluate Outcomes:**

**Evaluation of the top priority:**

- - Vital signs: BP- 137/78, RR- 16, SpO2- 99% on RA
- - Expiratory wheezing lung sounds.
- - Patient's SOB not increasing.
- - No sputum or secretions when coughing.

o Continue plan of care.