

**Firelands Regional Medical Center School of Nursing
Nursing Care Map**

Student Name _____Melisa Fahey_____

Date _November 19, 2023_

Noticing/Recognizing Cues:

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

Assessment findings*:

- BP 186/76
- P 82
- R 40
- T 97.7
- SpO₂ 96%
- Wt 128.9 lbs
- BMI 22.1
- **Unsteady gait**
- Confused
- **Pain 6/10 Rt arm, Rt shoulder, BLE**

Lab findings/diagnostic tests*:

Labs

- Hgb 11.1 L
- Hct 32.5 L
- WBC 11.3
- Glucose 147 H
- Na 140
- Ca 8.5 L
- K 3.0L
- Mg 1.3 L
- Cl 108 H
- Lipase 10.0 L

Urine Culture

- Ecoli 40K colonies
- Enterococcus 30K Colonies

Diagnostic tests

- **Rt Hummerus fracture (XR)**

Risk factors*:

- **Degenerative changes Rt AC & glenohumeral joints**
- **80 yr old female**
- **Trouble ambulating**
- **Alzheimer's**
- **Dementia**
- **History of Falls**
- **Limited ROM**
- **Muscle weakness**
- **Mild protein-calorie malnutrition**
- H₂O-electrolyte imbalance

**Interpreting/Analyzing Cues/
Prioritizing Hypotheses/
Generating Solutions:**

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

- **Impaired physical mobility**
 - Older clients general health status
 - Evaluate degree of pain
 - History of Falls
 - Nutritional Status

Impaired nutrition: less than body requirements

- Diminished desire personal/situational factors

Potential complications for the top priority:

- **Falls-Mobility**
 - Abnormal gait Alzheimer's
 - Presence of injury from fall
 - Mild protein-calorie malnutrition
 - Decreased muscle strength
- **Malnutrition**
 - Frail elderly syndrome
 - Inadequate intake
 - Degenerative conditions

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. **Encourage Incentive Spirometer 10 times/hr**
 - Educate pt that this increases oxygen levels and prevents things from becoming stagnant in lungs which can cause pneumonia.
2. **Ambulate patient to chair for every meal**
 - Educate patient that this helps with oxygenation, strength, and aspiration (sitting up)
3. **Encourage patient to ambulate around the room 3 times/day**
 - Educate patient that ambulating around the room helps prevent further complications like pneumonia and other organs in the body from not working as well like bowels
4. **Encourage patient that an increased protein intake with each meal and snacks**
 - Educate patient that an increase in protein intake improves strength which helps with the unsteady gate and muscle loss
5. **Turn patient Q2H to prevent pressure ulcers**
 - Educate patient that turning Q2H will help to prevent skin breakdown and pressure ulcers
6. **Sit patient on side of bed and dangle legs 3 times/day**
 - Educate patient that this promotes circulation and increase in oxygenation
7. **Apply SCD's or anti-embolic stockings when patient is in bed**
 - Educate patient that this promotes blood flow in lower extremities to help prevent blood clots

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- Patient is able to sit up in chair for longer periods of time
- Patient is able to walk in the hallways with walker
- Vitals T 97.7, P 80, R 22, BP 146/71, SpO₂ 96% on RA, Pain 3/10
- Patient ate 50% of meal, up from 25% day before
- Continue plan of care