

**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*:

- Left lower quadrant abdominal pain 6/10
- Abdomen tender
- Guarding and grimacing upon palpitation
- Lower back pain 5/10
- Blood pressure 170/95
- Dentures
- Mood swings

Lab findings/diagnostic tests*:

- RDW 15.9
- BUN 4
- Creatinine 0.65
- Calcium 8.2
- Albumin 3.0
- Cholesterol 93
- D-Dimer 9.61
- CT Scan abdomen – enlarged pseudocysts
- Chest X-ray – mild pneumonitis

Risk factors*:

- Acute pancreatitis
- Smoker
- GERD
- Renal contusion
- Bowel (inflammatory) disease
- Closed head injury
- Motor vehicle collision
- History of seizures
- History of depression and anxiety

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

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

Acute pain

- Sudden or slow onset that is mild or severe

Mobility

- Impaired physical mobility

Acute substance withdrawal syndrome

- Withdrawal from abrupt cessation of an addictive compound

Potential complications for the top priority:

Acute pain

- anxiety/depression
- hopelessness
- increased BP
- altered sleep-wake cycle
- mood shifts

Mobility

- skin breakdown
- deep vein thrombus
- decreased lung expansion

Acute substance withdrawal syndrome

- irritability
- medication misuse
- increased BP

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Responding/Taking Actions:

Nursing interventions for the top priority:

1. Assess the location, characteristics, onset, duration, frequency, quality, and intensity of pain Q2H and PRN
 - to determine if patient is in need of pain medication
2. Assess contributing factors/diagnosis for pain Q2H and PRN
 - to determine how and where the pain is originating from
3. Assess vital signs Q4H and PRN
 - to determine if the pain is being adequately controlled
4. Administer hydromorphone (Dilaudid) 0.25mg IV PUSH Q4H for pain above a 5
 - to alleviate/decrease the pain level
5. Assess pain level Q1H and PRN
 - to determine if the pain medication is working
6. Administer Acetaminophen (Tylenol) 650mg PO Q4H for pain below a 5
 - to alleviate/decrease pain level
7. Assess pain level Q1H and PRN
 - to determine if the pain medication is working
8. Encourage fluids Q2H and PRN
 - to make sure the patient is adequately hydrate
9. Encourage coughing and deep breathing Q2H and PRN
 - to make sure patient doesn't have a lung collapse from laying in the hospital bed
10. Encourage ambulation Q2H and PRN
 - to help with the healing process
11. Educate on pain medications before patient is discharged
 - to make sure patient understands how to take them along with any side effects
12. Educate on smoking cessation
 - to promote optimal level of health

Reflecting/Evaluate

Evaluation of the top priority:

- Left lower quadrant abdominal pain 3/10
- BP 150/98
- Tenderness upon palpitation

Continue plan of care.

