

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*: 7

- BP 152/94 --> 129/88
- Temp 97.8--> 97.3
- Blister let ear
- Left leg swollen (cellulitis)
- Racing thoughts
- Suicidal ideation
- Anxiety 3/10
- Depression 3/10
- Lack of self-care unkept appearance (hygiene)
- Change in sleep pattern (not sleeping well)

Lab findings/diagnostic tests*: 3

- Triglycerides 215H
- LDL 110H
- Vitamin D 9.9L
- Venous Duplex - Positive for lower extremity DVT involving the popliteal posterior tibial vein
- ECG - Normal

Risk factors*: 5

- Age 48
- Female
- Non-compliant with meds
- Tinnitus
- Chronic pain (cellulitis/tinnitus)
- Chronic stress (daughter disability)
- Psychiatric disorder (major depressive disorder)
- Poor support system
- Flat affect
- Not Sleeping well

Interpreting/Analyzing Cues/
Prioritizing Hypotheses/
Generating Solutions:

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

- Ineffective Coping
- Impaired Skin Integrity
- Disabled family coping
- Ineffective health maintenance
 - Social isolation
 - Impaired role performance

Goal Statement: "Patient will identify coping strategies and express commitment to incorporate into daily living to maintain personal safety." (Morgan, 2022-09-26)

Potential complications for the top priority: 3

- Harmful behavior towards self or others
 - Suicidal ideation
 - Hurting self
 - death
- Recklessness
 - Increased fear of harm to self or others
 - Increased anxiety
 - Hurting a loved one
 - Death
- Illness
 - Mental fog
 - Racing thoughts

Responding/Taking Actions:

Nursing interventions for the top priority:

1. Assess patient current situation and develop a plan of care by identifying ineffective coping behaviors and patient awareness of own coping ability
2. Assess Patient Vital signs Q6hr Rational: To ensure BP remains normal and stress levels not high
3. Assess Level of Anxiety Q6hr/PRN Rational: To ensure that the medication is working properly by decreasing levels of anxiety
4. Assess Level of Depression Q6hr/PRN Rational: To ensure that the medication is working properly and decreasing depression score
5. Administer medication Q8hr/TID/BID/PRN Rational: Following a medication routine decrease the patient risk for increase anxiety/depression symptoms
6. Encourage fluid intake Daily Rational: Hydration keeps the body healthy and a clear mind
7. Encourage participation in group therapy DAILY Rational: To learn new coping mechanisms and problem-solving techniques
8. Encourage rest Daily Rational: Rest is key to a healthy mindset. Lack of sleep can cause fatigue
9. Encourage Healthy diet Daily Rational: A unhealthy diet can weaken the immune system and limit effective coping
10. Educate patient on importance to continue medication even if feeling better

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Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- Temp 97.8 ----> 97.3
- PR 71 ----> 95
- BP 152/94 ----> 129/88
- Anxiety 3/10 ----> decreased
- Depression 3/10 ----> decreased
- Sleep has improved per patient 8hrs sleep
- Appetite has improved per patient

Patient admitted to 1south for suicidal ideation and major depressive disorder patient has shown improvement by denying suicidal ideations and stating that she is feeling better, sleeping better and eating better

- Continue to monitor suicidal behavior for safety every 15min
- Continue Mirtazapine 15mg, Risperidone 2mg(am/pm), Buspirone 15mg (tid)
- Continue Depakote 500mg @ bedtime

- Patient goal is to learn coping mechanisms to help with her daily living.
- Patient has been attending all group sessions and very interactive
- Educate patient on importance of continuing medication and not discontinuing even though she may be feeling better
- Continue plan of care

Reference: Morgan, K. I. (2022-09-26). Davis Advantage for Townsend's Essentials of Psychiatric Mental-Health Nursing, 9th Edition. [[VitalSource Bookshelf version]]. Retrieved from vbk://9781719647564