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*:

- Leg Tapping (Anxiety)
- Hand fidgeting (Anxiety)
- Constantly messing with beard (Anxiety)
- Aggressive thoughts (talking about hurting others)
- 106/65 BP
- 16 RR
- 97.5 Temperature
- 68 Pulse
- 98% RA
- Anxiety 4/10
  - The pocket guide describes mild anxiety as, "Heightened perception (e.g., noises may seem louder; details within the environment are clearer)
- Insomnia (4 Hours sleep)

Lab findings/diagnostic tests*:

- BAC .290
- Positive THC
- Vitamin D 16.8 (30-100)
- BUN 6 (7-25)
- Glucose 102 (70-100)
- AST 41 (13-39)

Risk factors*:

- Homeless
- Sex offender
- Felon (17 Arrest)
- Child abuse
- Domestic Violence
- Alcohol Dependance
- Poor support system
- No Job

Interpreting/Analyzing Cues/ Prioritizing Hypotheses/ Generating Solutions:

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

- Ineffective Coping
- Altered thought process
- Anxiety
- Substance Abuse

Goal Statement: Understanding how to better deal with stressful situations rather than resort to violence.

Potential complications for the top priority:

- **Violence**
  - Clenched Fists
  - Pacing
  - Raising Voice
- **Suicidal Thoughts**
  - Isolation
  - Increased Substance Use
  - Seeking Help
- **Self Harm**
  - Cutting Left Arm
  - Risky Behavior
  - Excuses for Injury

Nursing interventions for the top priority:

1. **Determine Specific Stressors Daily**
   a. **Homeless, drug dependent, felon, sex offender, money problems**
2. **Evaluate the ability to understand evens and provide realistic appraisal of situation based on Psychosocial development Daily**
   a. **Tendency to resort to violence**
3. **Determine use of defense mechanisms PRN**
   a. **Drug use, smoking habits, denial, sleep pattern, eating pattern**
4. **Compare speech and communication patterns Daily**
   a. **Constantly fidgeting with arms, beard, and leg while talking about stressful situations**
5. **"Provide a safe, non threatening environment." (Skyscape)**
6. **Determine previous methods or approaches for dealing with life problems Daily**
   a. **Previous methods included violence and sexual abuse**
   b. **Wants to be around more positive people in order to make better choices**
   c. **Ensures patient is dealing with his problems in a therapeutic way**
7. **Obtain Vital Signs q8H PRN**
   a. **Establish baseline vitals to determine if there is a change in the patients' health**
8. **Administer Nicotine patch 5 mg q24H PRN**
   a. **Assist with withdraws from not being able to smoke in 1S and reduce anxiety**

Evaluation of the top priority:

- Decreased daily stressors since being in 1S
    - o Claimed everyone here is very positive and helpful
- Improved handling stressful situations
    - o Educated on body mechanics and using words instead of fists
    - Defense mechanisms are the same
        - o At discharge was talking about going to "smoke a fat blunt" and get something to drink
    - Sleep pattern remains the same
        - o Struggling to sleep at night and has been taking melatonin to help
    - Struggling to find a job remains the same
        - o Pt states its hard to find a job with his history of 17 felonies, sex offender, rapist, domestic violence, alcohol dependance, and no address
    - Anxiety Improved
        - o Anxiety is still present but wasn't fidgeting as much during Day 2 of 1S, claims he felt less anxious and didn't need his Vistaril
    - Reassessed vitals
        - o BP 112/72
        - o RR 16
        - o 74 Pulse
        - o 98% RA 97.6 Temperature
    - Continue Plan of care

Reference: Morgan, K. I. (2023). Davis Advantage for Townsend's essentials of Psychiatric Mental Health Nursing: Concepts of care in evidence-based practice (9th ed.). F.A Davis Company.

Marilynn E. Doenges (2024) Nurses Pocket Guide: Diagnoses. Ineffective Denial. F.A. Davis Company.