

Firelands Regional Medical Center School of Nursing  
Nursing Care Map

Student Name  Sydney Fox

Date  1/30/25

Noticing/Recognizing Cues:

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

Assessment findings\*:

- Left hip pain 5/10 persistent
- Glasses
- Shortness of breath on exertion
- Insomnia
- Walker for ambulation
- Lower extremities non-pitting and puffy
- Mild weakness
- Temperature: 97.2
- Pulse: 60
- Respirations: 18
- Blood pressure: 125/71
- SpO2: 100%

Lab findings/diagnostic tests\*:

- X-ray: 8/22/24 severe degenerative changes of left hip without acute bony process.
- BUN: 21
- Creatinine: 0.84
- Total protein: 5.9
- Albumin: 3.1
- Total bilirubin: 0.4
- Calcium: 8.6
- Hgb: 11.2
- Hct: 33.3
- RBC: 3.49
- WBC: 6.9

Risk factors\*:

- Age: 81
- History of anxiety
- History of hypertension
- History of afib
- History of elevated cholesterol
- History of open-heart surgery
- History of right knee arthroplasty

Interpreting/Analyzing Cues/  
Prioritizing Hypotheses/  
Generating Solutions:

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

- Impaired Physical Mobility
- Acute Pain
- Risk for unstable blood pressure

Goal Statement:

Patient will have decrease pain

Potential complications for the top priority:

- Pneumonia:
  - fever/ chills
  - dehydration
  - shortness of breath
  - wheezing
- Deep Vein Thrombus/ Pulmonary embolism:
  - swelling in one or both legs
  - pain or tenderness in the leg
  - dizziness
  - rapid or irregular heartbeat
  - sudden shortness of breath
- Pressure injury:
  - Redness, no blanchable skin on tender areas
  - Increased pain or discomfort
  - Swelling on the area surrounding the sore

## Responding/Taking Actions:

### Nursing interventions for the top priority:

1. Assess patient's vital signs q4h and PRN

Rationale: To identify any trends, to see if pain is affecting patient's vital signs. Especially watching blood pressure and pulse.

2. Assess patient's pain q4h and PRN

Rationale: To see if patient's left hip pain is bettering or worsening.

3. Assess patient's perception and potential types of pain q8h and PRN

Rationale: Perception of pain is to see what the pain means to the patient. Types of pain is to see if it is nociceptive or neuropathic pain.

4. Assess location of surgical incision and drainage q8h and PRN

Rationale: vertical or diagonal incision are more painful than transverse or S-shape, to make sure wound is intact.

5. Assess patient's gait while walking in the hallway TID and PRN.

Rationale: To see how well the patient is tolerating walking, with the persistent pain. It is important to watch the patient's gait with that there could be another underlying cause.

6. Administer Acetaminophen 650mg q6h PRN

Rationale: to help reduce pain, assess location, intensity prior, and 30-60mins after.

7. Administer Aspirin EC 81mg PO BID

Rationale: Reduces inflammation, and decreased incidence of transient ischemic attacks and MI.

8. Monitor patient's pain assessment and vital signs q4h and PRN

Rationale: If the pain increases the vital signs such as blood pressure, respirations, pulse will show signs of stress.

9. Educate patient on cooling and heat therapy daily and PRN.

Rationale: To promote pain relief in left hip.

10. Educate patient on alternate pain reliefs, such as music, stretching therapy daily and PRN.

Rationale: To promote extra comfort and pain relief in left hip.

11. Educate patient the importance of walking for at 30 minutes a day and PRN.

Rationale: To promote circulation throughout the body, as well as upon discharge when patient is home.

12. Educate patient on deep breathing exercises to prevent respiratory infection daily and PRN.

Rationale: To promote good air flow through lungs and keep the airway open.

13. Educate patient on importance of sitting up in a chair for meals daily and PRN.

Rationale: To promote the lungs opening, and preventing aspiration.

(Myers,2023)

## Reflecting/Evaluate Outcomes:

### Evaluation of the top priority:

- Left hip pain 3/10 patient had improved pain
- Patient short of breath on exertion was improved
- Insomnia
- Mild weakness
- Blood pressure: 136/71
- History of anxiety

Continue plan of care

## Reference:

Myers, E. (2023). *RNotes: Nurse's clinical pocket guide* (6<sup>th</sup> ed). F.A. Davis Company: Skyscape Medpresso, Inc.