

Firelands Regional Medical Center School of Nursing
Nursing Care Map

Student Name _____ Cora Meyer _____

Date _____ 6/17/25 _____

Noticing/Recognizing Cues:

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

Assessment findings*:

- Altered gait
- Chronic lower back pain
- 112/52
- HR 78
- RR 18 nonlabored
- History of HTN
- History of ulcers
- History of constricted heart vessel defect
- Hx of calcium kidney stones

Lab findings/diagnostic tests*:

- No labs or diagnostics were completed

Risk factors*:

- Fall Risk-tripping
- Risk of reinjury- overdoing activity
- Risk of bleeding- aspirin
- Age 78
- Genetic- heart defect and dementia

Interpreting/Analyzing Cues/
Prioritizing Hypotheses/
Generating Solutions:

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

- Fall Risk

Goal Statement:

Patient will understand what being a fall risk means and how to decrease his risk.

Potential complications for the top priority:

- Bleeding- Patient takes aspirin which could cause bleeding in the event of a fall
- Tripping- He is a hoarder, and he also has a cat that rubs on his feet and legs
- Chronic back pain- If patient falls this pain will exacerbate.

Responding/Taking Actions:

Nursing interventions for the top priority:

1. Organize home to keep tripping hazards away Once daily and PRN
 - To prevent falls/ decrease the risk for falls.
2. Take time when completing tasks PRN
 - To prevent further back injury.
3. Take all medications accordingly once daily and PRN
 - Take medications to prevent HTN, prevent exacerbation of heart defect, lipid lowering agents to reduce high cholesterol, and antiulcer agents to prevent ulcers and calcium kidney stones. Preventing falls by maintaining current status with medications.
4. Exercise low impact once daily
 - Exercise to prevent breakdown, maintain strength/muscle, and prevent further back pain and damage. Preventing falls by staying active.
5. Eat well balanced meals TID and PRN
 - To ensure his body has enough energy in his old age to keep moving and prevent further breakdown and pain. Preventing falls by ensuring he is getting the energy he needs daily.

(Venes, 2021)

(Harding et.al, 2023)

Reflecting/Evaluate Outcomes:

Evaluation of the top priority:

- Altered gait is unchanged.
- Chronic back pain is unchanged.
- History of constricted heart vessel is unchanged.
- Fall risk of tripping has improved based on environmental changes done to his living space.
- Risk of bleeding is unchanged.
- Age and genetic factors are unchanged.

Reference: Venes, D. (2021). *Taber's cyclopedic medical dictionary* (24th ed). F. A. Davis Company: Skyscape Medpresso, Inc.

Harding, M., Kwong, J., Roberts, D., Hagler, D., & Reinisch, C. (2023). *Lewis's medical-surgical nursing assessment and management of clinical problems* (12th ed.). St. Louis, MO: Elsevier, Inc. <https://evolve.elsevier.com>