N301 Care Plan

Lakeview College of Nursing

Demographics (5 points)

Date of Admission **6/8/19**	**Patient Initials** **J.S**	**Age** **31**	**Gender** **Female**
Race/Ethnicity **Caucasain**	**Occupation** **In Home Health/CNA**	**Marital Status** **Single**	**Allergies** **NKA**
CodeStatus **Full Code**	**Height** **5'3/160cm**	**Weight** **87.9kg**	

Medical History (5 Points)

Past Medical History: Colitis, Gall bladder removed

Past Surgical History: Cholecystectomy

Social History (tobacco/alcohol/drugs, pertinent social factors): No alcohol, no drugs, smoker ½ pack/ day

Admission Assessment

Chief Complaint (2 points): Patient complains of vomiting and abdominal pain

History of present Illness (10 points): A 31 year old female patient presented to the ED complaining of vomiting and abdominal pain twice this week and returned to be admitted. The abdominal pain and vomiting began earlier this week. The abdominal pain is in the lower abdomen and moves throughout the stomach. The pain has been consistent and has not gone away. The pain and nausea are aggravated by eating and drinking, there are no relieving factors yet. Patient rates pain 8/10 at admission.

Primary Diagnosis

Primary Diagnosis on Admission (2 points):Colitis

Secondary Diagnosis (if applicable): Intractable nausea and vomiting

Pathophysiology of the Disease, APA format (15 points): Colitis refers to inflammation of the colon. Inflammation can occur in the small intestine as well as the rectum. Symptoms of Colitis include diarrhea (with blood), abdominal pain/cramping, rectal pain/bleeding, urgency to defecate/ inability, weight loss, fatigue, fever (Mayo Clinical, 2019). Different classifications based on location. Cause of Colitis remains unknown. Risk factors include age, race and family history. Complications include severe dehydration, perforated colon, bleeding, inflammation, swelling colon. Treatment is based on the cause, antibiotics are used for bacterial infections.

Ulcerative colitis. (2018, March 08). Retrieved from https://www.mayoclinic.org/diseases-conditions/ulcerative-colitis/symptoms-causes/syc-20353326

Laboratory Data (15 points)

CBC: Highlight All Abnormal Labs, Explanations must contain in-text citations in APA format.

Lab	Normal Range	Admission Value	Today's Value	Reason for Abnormal Value
RBC	**4.2-5.4**	**4.87**	**4.6**	.
Hgb	**12-16**	**14.7**	**13.8**	.
Hct	**37%-47%**	**42.8**	**40.6**	.
Platelets	**150-400**	**266**	**210**	.
WBC	**4.5-11**	**11.4**	**6.8**	**Colitis**
Neutrophils	**54-75%**	**81.7**	**72.8**	**Colitis**
Lymphocytes	**20-40%**	**11.5**	**18.6**	**Colitis**
Monocytes	**2-8%**	**6.3**	**7.9**	.
Eosinophils	**1-4%**	**0.2**	**0.3**	.
Bands	**0.5-1%**	**0.3**	**0.2**	.

Chemistry: Highlight Abnormal

Lab	Normal Range	Admission Value	Today's Value	Reason For Abnormal
Na+	135-145	137	136	.
K+	3.5-5.1	3.2	4.1	Dehydration
Cl-	98-107	96	102	Dehydration
CO2	23-29	32	28	.
Glucose	70-99	115	99	Admission value high due to time taken, not a fasting level
BUN	6-20	12	7	.
Creatinine	0.5-0.9	0.7	0.56	.
Albumin	3.5-5.2	4.3	.	.
Calcium	8.6-10.4	9.4	7.9	.
Mag	1.6-2.4	.	.	.
Phosphate	44-147	.	.	.
Bilirubin	0-1.2	0.5	.	.
Alk Phos	44-147	63	.	.
AST	0-32	14	.	.
ALT	0-33	11	.	.
Amylase	23-85	.	.	.
Lipase	23-85	9	.	.
Cholesterol	<200	.	.	.

Triglycerides	**<150**	.	.	.
Lactic Acid	**0.5-2.4**	.	.	.

Other Tests Highlight Abnormal

Lab Test	Normal Range	Value on Admission	Today's Value	Reason For Abnormal
INR	.	.	.	.
PT	.	.	.	.
PTT	.	.	.	.
D-Dimer	.	.	.	.
BNP	.	.	.	.

Urinalysis Highlight Abnormal

Lab Test	Normal Range	Value on Admission	Today's Value	Reason For Abnormal
Color & Clarity	.	.	.	.
pH	.	.	.	.
Specific Gravity	.	.	.	.
Glucose	.	.	.	.
Protein	.	.	.	.
Ketones	.	.	.	.
WBC	.	.	.	.
RBC	.	.	.	.
Leukoesterase	.	.	.	.

Cultures

Test	Normal Range	Value on Admission	Today's Value	Explanation of Findings
Urine Culture	.	.	.	.
Blood Culture	.	.	.	.
Sputum Culture	.	.	.	.

Lab Correlations Reference (APA): .

Other Diagnostic Tests (EKG, Echocardiogram, Xrays, CT scan, etc) (5 points): Fecal Leukocytes (negative) C. Diff (negative) Occult Blood Stool (positive)

Diagnostic Test Correlation, APA Format & References (5 points):. Occult Blood Stool positive due to dx of Colitis

Current Medications (10 points, 1 per completed med))

Home Medications (5 required)

Brand/Generic	Flagyl	Naprosyn	Phenergan	Zofran	
Dose	**500mg BID**	**500mg BID PRN**	**12.5mg**	**4mg**	
Route	**Oral**	**Oral**	**Oral, Q8H, PRN**	**Oral, Q8H, PRN**	
Classification	**Nitroimidizole**	**NSAID**	**Phenethazines**		
Action	**Antiobiotic**	**Pain Relief**	**Antihistimines**		
Reason Client Taking	**Colitis-preventitive**	**Pain and fever**	**Seasonal allergies**		
Contraindications (2)	**-seizures -liver problems**	**-asthma -anemia**			
Side Effects/Adverse Reactions (2)	**-loss of appetite -dry mouth**	**-increase risk of MI/ stroke -stomach bleeding**			

Nursing Considerations (2)		**-dizziness: fall risk -sun sensitivity: limit exposure**			
Client Teaching needs (2)		**-avoid alcohol -avoid aspirin**			

Hospital Medications (5 required)

Brand/Generic	**Ofirmev**	**Promethazine**	**Sodium Chloride 0.9% Bolus**	**Lovenox**	**Levaquin**
Dose	**1000mg= 100ml**	**12.5mg= 0.5ml**	**100ml/hr**	**40mg=0.4ml**	**500mg= 100ml**
Route	**IV piggyback**	**IM**	**IV drip**	**SQ injection/ daily**	**IV piggyback**
Classification				**Anticoagulant**	
Action					
Reason Client Taking				**Pt not moving as much**	
Contraindications (2)					
Side Effects/Adverse Reactions (2)					
Nursing Considerations (2)					
Client Teaching needs (2)					

Lab Reference (APA Format):.

Assessment

Vital Signs, 2 sets (5 points)

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
0600	51	110/69	18	36.4	97
1100	48	154/74	18	36.3	98

Physical Exam (18 points)

NEUROLOGICAL (2 points): **MAEW: Y ☒ N☐** **PERLA: Y ☒ N☐** **Strength Equal: Y ☒ N ☐ if no -** **Legs ☐ Arms ☐ Both ☐** **Orientation, Mental Status, Speech, Sensory, LOC:**	**MAEW: yes** **PERLA: yes** **Equal Strength: yes** **Orientation: A&O x4** **Mental Status: appropriate** **Speech: clear** **Sensory: active** **LOC: appropriate** .
MUSCULOSKELETAL (2 points): **Neurovascular status, ROM, Supportive devices/strength** **ADL Assistance Y☐ N ☒** **Fall Risk: Y ☐ N☒** **Activity/Mobility Status:** **Independent (up ad lib) ☐** **Needs assistance with equipment ☐** **Needs support to stand and walk☐**	**ROM:** **Supportive device: No** **ADL Assistance: No** **Fall Risk: No** **Independent** **No assistance needed with equipment or stand/ walk** .
CARDIOVASCULAR (2 points): **Heart sounds:** **S1, S2, S3, S4, murmur etc.** **Cardiac rhythm (if applicable)** **Peripheral Pulses:** **Capillary refill: _____** **Neck Vein Distention: Y ☐ N ☒** **Edema Y ☐ N ☒** **Location of Edema_____**	**Heart Sounds: S1, S2** **Cardiac Rhythm: regular** **Peripheral Pulses: Equal 3+** **Cap Refill: < 3 seconds** **Neck Vein Distention: No** **Edema: No**
RESPIRATORY (2 points):	**Accessory muscle: No**

Accessory muscle use: Y☐ N ☒ **Breath Sounds: Location, character**	**Breath sounds: Clear and equal at 10 points**
GASTROINTESTINAL (2 points): **Diet at home:** **Current Diet:** **Height:** **Weight:** **Auscultation Bowel sounds:** . **Last BM:** . **Palpation: Pain, Mass etc** **Inspection: distention, incisions, scars, drains, wounds** **Ostomy: Y ☐ N ☒** **Nasogastric: Y ☐ N ☒** **Feeding tubes/PEG tube Y ☐ N ☒** **Type:_____**	**Diet at Home: regular** **Current Diet: clear liquids, just switched to regular** **Height: 5'3** **Weight: "about 200 pounds"** **Bowels: Hypoactive** **Last BM: 0800** **Palpation: No pain/mass**
INTEGUMENTARY (2 points): **Skin color** **character, turgor, rashes, bruises:** **wounds:** . **Braden scale : _____** **Drains present: Y☐ N ☒** **Type_____**	**Skin: clear of rashes/bruises, no tenting, no wounds** **Braden Scale: Mild Risk**
HEENT (2 points): **Head:** . **Ears:** **Eyes:** **Nose:** **Teeth**	**Head: without tenderness, masses or scarring** **Ears: non tender, no swelling** **Eyes: visual acuity intact** **Nose: mucosa pink and moist** **Teeth: normal positioning, no decay**
GENITOURINARY (2 Points): **Color, character, quantity of urine, pain,** **Dialysis Y ☐ N ☒** **Inspection of genitals** **Catheter: Y ☐ N ☒** **Type_____**	**Urine: pale yellow, no pain**
PSYCHOSOCIAL/CULTURAL (2 points): **Coping methods,** **Educational level** **Developmental level,** **Ethnicity,** **Religion & what it means to pt.**	**Coping methods: relies on family support** **Edu level: GED** **Dev level: appropriate** **Ethnicity: Caucasian** **Religion: Christian** **Occupation: Care giver** **Family Data: family close by, active with each**

Occupation (previous if retired) Personal/Family Data (Think about home environment, family structure, and available family support)	**other**

Pain Assessment, 2 sets (2 points)

Time	Scale	Location	Severity	Characteristics	Interventions
0800	**0-10**	**Stomach**	**7**	**"very nauseous"**	**Fluids and clear liquids**
1100	**0-10**	**Stomach**	**5**	**"still nauseous"**	**Malox**

IV Assessment (2 Points)

Site Location, Patency/Condition & Date	Fluid Type/Rate or Saline Lock
Left arm, slight redness due to showering 6/9/19	0.9% normal saline

Intake and Output during Your Shift (2 points)

Intake N/A	Output N/A
ml	**ml**

Nursing Care

Summary of care- Narrative of Nursing care provided, patient status throughout the day, any major concerns, etc (2 points): Patient's nausea and abdominal pain decreased from initial admission report. Patient moved from a clear liquid diet to regular food diet, in hopes to hold down food.

Discharge Planning- Identify discharge needs, education, home health services/equipment, family involved, etc (2 points): Patient discharged 6/10/19 after successful consumption of

regular food. Patient educated on maintaining a lighter diet if nausea due to colitis continues.

***The following must be listed in order of priority and must be NANDA approved Diagnosis (18 points Total, 3 points for each complete diagnosis with 2 interventions & Rational, 3 points for correct prioritization)**

Nursing Diagnosis	Rational	Intervention (2 per dx)
1. Alteration on comfort: pain	.	**1.**. **2.**.
2. Risk for infection	.	**1.** . **2.**.
3. Readmission prevention	.	**1.**. **2**.
4. Reduces medication adherence barriers	.	**1.**. **2.** .
5. Understanding follow up importance	.	**1.**. **2.**.

Overall APA Format/Neatness/Grammar (5 point):

Concept Map Attached (20 points):