N311 Care Plan #1

Lakeview College of Nursing

Anthony Morgan

Demographics (5 points)

Date of Admission	Patient Initials	Age	Gender
2/8/18	B.M.	65	Female
Race/Ethnicity	Occupation	Marital Status	Allergies
White	Waitress	Married	Carbamazepine, iodine, Levaquin, varenicline
Code Status	Height	Weight	
DNR	62.5in	180.8lbs	

Medical History (5 Points)

Past Medical History:

- COVID-19
- Chronic Obstructive Pulmonary Disease (COPD)
- Obstructive Sleep Apnea
- Epilepsy with seizures
- Contracture of the left hand
- Hyperlipidemia
- Hypoxia
- Difficulty Walking
- Assistance with personal care
- Bone Neoplasm
- Anxiety
- Hypertension
- Melanocytic Nevi
- Hemorrhoids
- Muscle Weakness
- Depressive Disorder
- Urinary Tract Infection (UTI)
- Tremors
- Gastrointestinal Reflux
- Neuropathy
- Brain Neoplasm
- Actinic Keratosis
- Right Eye Blindness
- Constipation

Past Surgical History:

- Surgery of the subcutaneous tissue

Family History:

- Mother – Diabetic, Hysterectomy, Throat Cancer
- Father - Heart Disease
- Three Sisters – Diabetic

Social History (tobacco/alcohol/drugs):

- Former smoker
    - Smoked for 40 years starting at 16 years old
    - A pack a day

Admission Assessment

Chief Complaint (2 points): Difficulty breathing

History of present Illness (10 points): The resident arrived at the nursing home on February 8, 2018 and was diagnosed with chronic obstructive pulmonary disease (COPD). This disease has caused her to have shortness of breath from then until this present date.

Primary Diagnosis

Primary Diagnosis on Admission (3 points): Chronic Obstructive Pulmonary Disease (COPD)

Secondary Diagnosis (if applicable):.

Pathophysiology of the Disease, APA format (20 points): Chronic Obstructive Pulmonary Disease (COPD) is a disease of the lungs that impairs oxygen exchange. The human body requires oxygen for metabolic processes and the organ that puts oxygen in our bodies is the lungs. The lungs accomplish this with broccoli-shaped sacs called alveoli. The alveoli are smaller divisions of the bronchiole tubes, the bronchiole tubes are divisions of the trachea and the trachea are two divisions of the throat. The tubular structure from the throat to the lungs are similar to an upside-down tree and the alveoli are the leaves of that tree. When oxygen travels

through these structures, the alveoli put oxygen into our bloodstream and the bloodstream delivers the oxygen to the rest of the body. In COPD, the alveoli are ineffective at placing oxygen into the bloodstream. Our bodies try to compensate by making the lungs work harder which is why individuals with COPD have trouble breathing. Other symptoms include cough, wheezing, and mucus production. Some alveoli get worse and are destroyed, a condition called emphysema. Since oxygen is needed for the body to function, COPD causes extreme fatigue. This makes it unlikely to complete everyday tasks and can lead to depression. The lungs and alveoli are sensitive to cigarette smoke, dust, volatile gases, and indoor air pollution.

Pathophysiology References (2) (APA):

Mayo Clinic. (2021). *COPD.* https://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-20353679

Wright, J. D. (2019). *All-in-One Nursing Care Planning Resource Medical-Surgical, Pediatric, Maternity, and Psychiatric-Mental Health* (P. Swearingen, Ed.). Julie Eddy Publishing.

Laboratory Data (20 points)
If laboratory data is unavailable, values will be assigned by the clinical instructor

CBC Highlight All Abnormal Labs—Explanations must be in complete sentences and contain in-text citations in APA format.

Lab	Normal Range	Admission Value	Today's Value	Reason for Abnormal Value
RBC	3.92 – 5.13	4.19	N/A	
Hgb	11.6 – 15.0	12.4	N/A	
Hct	35.5 – 44.9	38.6	N/A	
Platelets	157 - 371	399	N/A	Bone neoplasm could affect red bone marrow and thus production of platelets.
WBC	3.4 – 9.6	7.2	N/A	
Neutrophils	1.56 – 6.45	5.0	N/A	
Lymphocytes	0.95 – 3.07	1.2	N/A	
Monocytes	0.26 – 0.81	0.7	N/A	
Eosinophils	0.03 – 0.48	0.3	N/A	
Bands	0 – 5%	N/A	N/A	

Chemistry Highlight All Abnormal Labs—Explanations must be in complete sentences and contain in-text citations in APA format.

Lab	Normal Range	Admission Value	Today's Value	Reason For Abnormal
Na+	135 - 145	144	N/A	
K+	3.7 – 5.2	5.0	N/A	
Cl-	96 - 106	99	N/A	
CO2	23 - 29	N/A	N/A	
Glucose	70 - 110	138	N/A	Has a family history of diabetes and lasix medication induces hyperglycemia.
BUN	6 - 20	12	N/A	

Creatinine	**0.6 – 1.3**	**0.8**	**N/A**	
Albumin	**3.4 – 5.4**	**N/A**	**N/A**	
Calcium	**8.5 – 10.2**	**10.4**	**N/A**	
Mag	**1.7 – 2.2**	**N/A**	**N/A**	
Phosphate	**2.5 – 4.5**	**N/A**	**N/A**	
Bilirubin	**0.1 – 1.2**	**N/A**	**N/A**	
Alk Phos	**20 – 130U/ L**	**N/A**	**N/A**	

Urinalysis Highlight All Abnormal Labs—Explanations must be in complete sentences and contain in-text citations in APA format.

Lab Test	Normal Range	Value on Admission	Today's Value	Reason for Abnormal
Color & Clarity	**Clear - Yellow**	**N/A**	**N/A**	
pH	**5.00 – 9.00**	**N/A**	**N/A**	
Specific Gravity	**1.003 – 1.030**	**N/A**	**N/A**	
Glucose	**Negative**	**N/A**	**N/A**	
Protein	**Negative**	**N/A**	**N/A**	
Ketones	**Negative**	**N/A**	**N/A**	
WBC	**0 - 5**	**N/A**	**N/A**	
RBC	**0 - 4**	**N/A**	**N/A**	
Leukoesterase	**Negative**	**N/A**	**N/A**	

Cultures Highlight All Abnormal Labs—Explanations must be in complete sentences and contain in-text citations in APA format.

Test	Normal Range	Value on Admission	Today's Value	Explanation of Findings
Urine Culture	**No Growth**	**N/A**	**N/A**	
Blood Culture	**No Growth**	**N/A**	**N/A**	
Sputum Culture	**No Growth**	**N/A**	**N/A**	
Stool Culture	**No Growth**	**N/A**	**N/A**	

Lab Correlations Reference (APA):

Lawson, B. (personal communication, February 11, 2021)

eClinpath. (2020). *RBC Count*. https://eclinpath.com/hematology/tests/rbc-count/#:~:text=RBC%20counts%20are%20expressed%20as,SI%20units%20is%201%3A1.count/#:~:text=RBC%20counts%20are%20expressed%20as,SI%20units%20is%201%3A1.

Healthline. (2019). *Serum Phosphorus Test*. https://www.healthline.com/health/serum-phosphorus

Mayo Clinic. (2021). *Complete Blood Count (CBC).* https://www.mayoclinic.org/tests-procedures/complete-blood-count/about/pac-20384919

Mayo Clinic. (2021). *Complete Blood Count (CBC) With Differential, Blood.* https://www.mayocliniclabs.com/test-catalog/Clinical+and+Interpretive/9109

Medline Plus. (2021). *Magnesium Blood Test.* https://medlineplus.gov/ency/article/003487.htm#:~:text=The%20normal%20range%20for%20blood,measurements%20or%20test%20different%20samples.

National Cancer Institute. (n.d.). *Normal Blood Values.* https://training.seer.cancer.gov/abstracting/procedures/clinical/hematologic/blood.html

UCSF Health. (2021). *Comprehensive Metabolic Panel.* https://www.ucsfhealth.org/medical-tests/003468

UNC Medical Center. (2021). *Urinalysis (General & Microscopic).* https://www.uncmedicalcenter.org/mclendon-clinical-laboratories/available-tests/urinalysis-general-microscopic/

Diagnostic Imaging

All Other Diagnostic Tests (10 points): Xray of the chest

Current Medications (10 points, 2 points per completed med)
5 <u>different</u> medications must be completed

Medications (5 required)

Brand/ Generic	**Budesonide Suspension**	**Pepcid (Famotidine)**	**Lasix (Furosemide)**	**Baclofen**	**Zofran (Ondansetron)**
Dose	**0.25mg**	**20mg**	**20mg**	**5mg**	**4mg**

Frequency	**2x/day**	**Once/day**	**Once/day**	**3x/day**	**Every 6hrs**
Route	**Oral**	**Oral**	**Oral**	**Oral**	**Oral**
Classification	**Glucocorticoid**	**Thiazole**	**Sulfonamide**	**Skeletal Muscle relaxant**	**Carbazole**
Mechanism of Action	**Prevents inflammatory cells and inflammatory mediators from promoting inflammation**	**Prevents histamine from binding to H_2 receptors on parietal cells.**	**Prevents loop of Henle from reabsorbing most sodium water.**	**Binds to excitatory GABA-B receptors on excitatory neurons**	**Blocks serotonin receptors of chemoreceptors at vagus nerve terminals**
Reason Client Taking	**Shortness of breath**	**Gastroesophageal Reflux Disease**	**Increased Edema**	**Pain**	**Nausea and Vomiting**
Contraindications (2)	**Recent septal ulcer or acute asthma**	**Hypersensitivity to famotidine or H_2 receptor antagonists**	**Hypersensitivity to furosemide or has auria that's unaffected by furosemide**	**Any form of allergies** **Nephropathy**	**Hypersensitivity to ondansetron and Congenital long QT syndrome**
Side Effects/Adverse Reactions (2)	**Hypertension and Cataracts**	**Diarrhea and abdominal pain**	**Arrythmia and Hyperglycemia**	**Tinnitus and fainting**	**Bronchospasm and hyperpigmentation**

Medications Reference (APA):

Jones & Bartlett Learning. (2020). *Nurse's Drug Handbook.* Composition and Project Management: S4Carlisle Publishing Services.

Mayo Clinic. (2021). *Baclofen (Oral Route).* https://www.mayoclinic.org/drg-20067995?p=1

Medline Plus. (2021). *Baclofen.* https://medlineplus.gov/druginfo/meds/a682530.html#:~:text=Baclofen%20is%20in%20a%20class,sclerosis%20or%20spinal%20cord%20conditions.

Medscape. (2019). *What is the Role of Baclofen in the Treatment of Spasticity.* https://www.medscape.com/answers/2207448-173379/what-is-the-role-of-baclofen-in-the-treatment-of-spasticity#:~:text=Baclofen%20is%20a%20GABA%20agonist,to%20the%20GABA%2DB%20receptor.

Assessment

Physical Exam (18 points)

GENERAL: Yes **Alertness: Normal** **Orientation: Normal** **Distress: None** **Overall appearance: Good**	
INTEGUMENTARY: **Skin color: Normal** **Character: Dry** **Temperature: Warm** **Turgor: Immediate and good recoil** **Rashes: None** **Bruises: Several Small Bruises** **Wounds: None** **Braden Score: 16** **Drains present: Y☐ N ☒**	

Type:None	
HEENT: **Head/Neck:** **Ears: Symmetrical** **Eyes: Abnormal** **Nose: Left Nostril** **Teeth: None**	**Right eye did not constrict and it would deviate when the patient was trying to focus on a stimuli while the left eye followed perfectly.** **Terminate in left nostril is enlarged.**
CARDIOVASCULAR: N/A **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:**	.
RESPIRATORY: N/A **Accessory muscle use: Y☐ N ☐** **Breath Sounds: Location, character**	.
GASTROINTESTINAL: N/A **Diet at home:** **Current Diet** **Height:** **Weight:** **Auscultation Bowel sounds:** **Last BM:** **Palpation: Pain, Mass etc.:** **Inspection:** **Distention:** **Incisions:** **Scars:** **Drains:** **Wounds:** **Ostomy: N/A Y ☐ N ☐** **Nasogastric: Y ☐ N ☐** **Size:** **Feeding tubes/PEG tube Y ☐ N ☐** **Type:**	.
GENITOURINARY: N/A **Color:** **Character:** **Quantity of urine:**	

Pain with urination: Y ☐ N ☐ **Dialysis: Y ☐ N ☐** **Inspection of genitals:** **Catheter: Y ☐ N ☐** **Type:** **Size:**	
MUSCULOSKELETAL: N/A **Neurovascular status:** **ROM:** **Supportive devices:** **Strength:** **ADL Assistance: Y☐ N ☐** **Fall Risk: Y ☐ N☐** **Fall Score:** **Activity/Mobility Status:** **Independent (up ad lib)** ☐ **Needs assistance with equipment** ☐ **Needs support to stand and walk** ☐	.
NEUROLOGICAL: N/A **MAEW: Y ☐ N☐** **PERLA: Y ☐ N☐** **Strength Equal: Y ☐ N ☐ if no -** **Legs ☐ Arms ☐ Both ☐** **Orientation:** **Mental Status:** **Speech:** **Sensory:** **LOC:**	.
PSYCHOSOCIAL/CULTURAL: **Coping method(s): Baths** **Developmental level: Fully aware adult** **Religion & what it means to pt.: Christian** **Personal/Family Data (Think about home environment, family structure, and available family support): Nursing Home Staff**	.

Vital Signs, 1 set (5 points)

Time	Pulse	B/P	Resp Rate	Temp	Oxygen

10:30 – 11:30	**52/min**	**125/60**	**20**	**97.1˚F**	**97%**

Pain Assessment, 1 set (5 points)

Time	Scale	Location	Severity	Characteristics	Interventions
10:00	**0 - 10**	**N/A**	**0**	**N/A**	**N/A**

Intake and Output (2 points)

Intake (in mL)	Output (in mL)
120mL of chocolate milk	**Toilet x 1** **Incontinent x 1**

Nursing Diagnosis (15 points)
Must be NANDA approved nursing diagnosis

Nursing Diagnosis • Include full nursing diagnosis with "related to" and "as evidenced by" components	Rational • Explain why the nursing diagnosis was chosen	Intervention (2 per dx)	Evaluation • How did the patient/family respond to the nurse's actions? • Client response, status of goals and outcomes, modifications to plan.
1. Impaired gas exchange as evidence by pursed lip breathing	**The resident has an oxygen tank.**	**1. Remind her to use oxygen tank** **2. Monitoring her oxygen.**	**Shortness of breath decreased** **Oxygen saturation is within normal limits**

related to COPD			
2. Impaired physical mobility as evidence by poor gait related to muscle weakness	**Left arm is contracted, can't lift legs, and requires assistance to transfer between bed, walker, and bathtub.**	**1. Aided during transfers. 2. Receives physical therapy.**	**Successfully transferred five times and can walk.**

Other References (APA):

Lawson, B. (personal communication, February 11, 2021)

Concept Map (20 Points):