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
- No drugs
    - Rarely smoked marijuana

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. The patient typically sits with their hands on both knees with pursed-lip breathing. The main alleviating factors are minimum activity and rest. Shortness of breath worsens with an increase of intensity of activity. The patient is given an oxygen tank and an inhaler to compensate for shortness of breath.

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 (Mayo Clinic, 2021). Some alveoli get worse and are destroyed, a condition called emphysema. “The chronic airflow limitation characteristic of COPD is caused by a mixture of small airway inflammation (bronchitis) and parenchymal destruction (emphysema)” (Swearingen et al., 2019, p. 119). 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 (Mayo Clinic, 2021; Swearingen et al., 2019). COPD can be diagnosed using pulse oximetry, chest x-ray, CT scans, and arterial blood gas. (Mayo Clinic, 2021; Swearingen et al., 2019).

A pulse oximeter measures the amount of oxygen saturation of erythrocytes, cells that look like doughnuts without holes. Patients with an oxygen saturation of 88% to 92% is indicative of COPD and arterial blood gases measure how effective the lungs are at exchanging

oxygen and carbon dioxide between the blood stream and the air ways (Mayo Clinic, 2021; Swearingen, et al., 2019). X-rays and CT scans can reveal emphysema (Mayo Clinic, 2021). Individuals that have a genetic predisposition to COPD can have their blood drawn for a test called the “alpha-1 antitrypsin deficiency screen”; however, this test is only an indication and not a diagnostic tool (Mayo Clinic, 2021; Swearingen, et al., 2019). The main treatments for COPD are oxygen therapy and an inhaler to decrease inflammation. Other preventative measures that prevent exacerbation of the disease include nicotine replacement therapy, abstaining from areas with poor air quality and (Mayo Clinic, 2021; Swearingen, et al., 2019). Surgeries such as lung volume reduction surgery, lung transplantation, and bullectomy are generally used when the other methods are overall ineffective (Mayo Clinic, 2021).

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	Elevated platelets can be observed in individuals with chronic inflammation (Medicine Net, 2021) Chronic inflammation is present due to bronchitis which is partially causing chronic obstructive pulmonary disease.
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 diabetes inhibits the body from taking glucose into cells causing blood sugar to remain higher than expected. Also, lasix medication is given to the patient to reduce edema which induces hyperglycemia (Jones & Bartlett, 2020).**
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**	**Budesonide interferes with several endocrine system glands. It interferes with the hypothalamus and pituitary glands (Jones & Bartlett, 2020). The pituitary gland controls the thyroid gland. Interference of the pituitary gland would also inhibit the thyroid gland. A malfunctioning thyroid can cause calcium imbalances (UCLA Health, 2021).**
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 -**	**N/A**	**N/A**	

	Yellow			
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):

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

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

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

Medicine Net. (2021). *What Does High Platelet Count Mean?* https://www.medicinenet.com/what_does_high_platelet_count_mean/ask.htm

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

UCLA Health. (2021). *High Calcium*. https://www.uclahealth.org/endocrine-center/high-calcium

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	**Generic: Budesonide Suspension**	**Generic: Famotidine Brand:**	**Generic: Furosemide Brand:**	**Generic: Baclofen Brand:**	**Generic: Ondansetron Brand: Zofran**

	Brand: Entocort	**Pepcid**	**Lasix**	**Lioresal**	
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.** **Turbinate 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 –	**52/min**	**125/60**	**20**	**97.1˚F**	**97%**

11:30					

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 related to COPD 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 (B. Lawson, personal communication, February 11, 2021).** **Oxygen saturation is**

			within normal limits.
2. Impaired physical mobility related to muscle weakness as evidence by poor gait.	**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 (B. Lawson, personal communication, February 11, 2021).**	**Successfully transferred five times and can walk.**

Other References (APA):

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

Concept Map (20 Points):