

N311 Care Plan #

Lakeview College of Nursing

Name

**Demographics (5 points)**

<b>Date of Admission</b> Nov.2021	<b>Client Initials</b> M.W	<b>Age</b> 92	<b>Gender</b> Female
<b>Race/Ethnicity</b> Caucasian	<b>Occupation</b> Retail	<b>Marital Status</b> Widow	<b>Allergies</b> Simvastatin and Tramadol
<b>Code Status</b> DNR	<b>Height</b> 63.5	<b>Weight</b> 116.0	

**Medical History (5 Points)**

**Past Medical History: Bradycardia, Hypertension, Anxiety, Compression Back Fracture, Hernia, Arthritis, Heart Failure, Stage 3 Chronic Kidney Disease, Type 2 Diabetes mellitus, Chronic obstructive pulmonary, Anemia**

**Past Surgical History: Hernia Surgery x2**

**Family History: N/A**

**Social History (tobacco/alcohol/drugs including frequency, quantity and duration of use):**

**N/A**

**Admission Assessment**

**Chief Complaint (2 points): History of Falls**

**History of Present Illness – OLD CARTS (10 points):**

- **O- Fall 2021 ,**
- **L- Fell down on back**
- **D- 6 weeks**
- **C- Sharp/ Constant/ On and Off/**
- **A- Moving around**
- **R- Bed Rest**
- **T- Physical Therapy**

- Non-mobile
- Poor balance

**Primary Diagnosis**

**Primary Diagnosis on Admission (3 points): Arthritis**

**Secondary Diagnosis (if applicable): N/A**

**Pathophysiology of the Disease, APA format (20 points):**

**Pathophysiology References (2) (APA):**

**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				
Hgb				
Hct				
Platelets				
WBC				
Neutrophils				
Lymphocytes				
Monocytes				
Eosinophils				
Bands				

**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-				
K+				
Cl-				
CO2				
Glucose				
BUN				
Creatinine				
Albumin				
Calcium				
Mag				
Phosphate				
Bilirubin				
Alk Phos				

**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				
pH				
Specific Gravity				

<b>Glucose</b>				
<b>Protein</b>				
<b>Ketones</b>				
<b>WBC</b>				
<b>RBC</b>				
<b>Leukoesterase</b>				

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

<b>Test</b>	<b>Normal Range</b>	<b>Value on Admission</b>	<b>Today's Value</b>	<b>Explanation of Findings</b>
<b>Urine Culture</b>				
<b>Blood Culture</b>				
<b>Sputum Culture</b>				
<b>Stool Culture</b>				

**Lab Correlations Reference (1) (APA):**

**Diagnostic Imaging**

**All Other Diagnostic Tests (10 points):**

**Diagnostic Imaging Reference (1) (APA):**

**Current Medications (10 points, 2 points per completed med)  
\*5 different medications must be completed\***

**Medications (5 required)**

<b>Brand/Generic</b>					
<b>Dose</b>					
<b>Frequency</b>					
<b>Route</b>					
<b>Classification</b>					
<b>Mechanism of Action</b>					
<b>Reason Client Taking</b>					
<b>Contraindications (2)</b>					
<b>Side Effects/Adverse Reactions (2)</b>					

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**Medications Reference (1) (APA):**

**Assessment**

**Physical Exam (18 points) – HIGHLIGHT ALL PERTINENT ABNORMAL FINDINGS**

<p><b>GENERAL:</b>  <b>Alertness:</b>  <b>Orientation:</b>  <b>Distress:</b>  <b>Overall appearance:</b></p>	
<p><b>INTEGUMENTARY:</b>  <b>Skin color:</b>  <b>Character:</b>  <b>Temperature:</b>  <b>Turgor:</b>  <b>Rashes:</b>  <b>Bruises:</b>  <b>Wounds: .</b>  <b>Braden Score:</b>  <b>Drains present: Y <input type="checkbox"/> N <input type="checkbox"/></b>  <b>Type:</b></p>	
<p><b>HEENT:</b>  <b>Head/Neck:</b>  <b>Ears:</b>  <b>Eyes:</b>  <b>Nose:</b>  <b>Teeth:</b></p>	

<p><b>CARDIOVASCULAR:</b>  <b>Heart sounds:</b>                  S1, S2, S3, S4, murmur etc.  <b>Cardiac rhythm (if applicable):</b>  <b>Peripheral Pulses:</b>  <b>Capillary refill:</b>  <b>Neck Vein Distention:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Edema</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Location of Edema:</b></p>	<p>.</p>
<p><b>RESPIRATORY:</b>  <b>Accessory muscle use:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Breath Sounds: Location, character</b></p>	<p>.</p>
<p><b>GASTROINTESTINAL:</b>  <b>Diet at home:</b>  <b>Current Diet</b>  <b>Height:</b>  <b>Weight:</b>  <b>Auscultation Bowel sounds:</b>  <b>Last BM:</b>  <b>Palpation: Pain, Mass etc.:</b>  <b>Inspection:</b>              <b>Distention:</b>              <b>Incisions:</b>              <b>Scars:</b>              <b>Drains:</b>              <b>Wounds:</b>  <b>Ostomy:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Nasogastric:</b> Y <input type="checkbox"/> N <input type="checkbox"/>              <b>Size:</b>  <b>Feeding tubes/PEG tube</b> Y <input type="checkbox"/> N <input type="checkbox"/>              <b>Type:</b></p>	<p>.</p>
<p><b>GENITOURINARY:</b>  <b>Color:</b>  <b>Character:</b>  <b>Quantity of urine:</b>  <b>Pain with urination:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Dialysis:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Inspection of genitals:</b>  <b>Catheter:</b> Y <input type="checkbox"/> N <input type="checkbox"/>              <b>Type:</b>              <b>Size:</b></p>	<p>.</p>
<p><b>MUSCULOSKELETAL:</b>  <b>Neurovascular status:</b></p>	<p>.</p>

<p><b>ROM:</b>  <b>Supportive devices:</b>  <b>Strength:</b>  <b>ADL Assistance:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Fall Risk:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Fall Score:</b>  <b>Activity/Mobility Status:</b>  <b>Independent (up ad lib)</b> <input type="checkbox"/>  <b>Needs assistance with equipment</b> <input type="checkbox"/>  <b>Needs support to stand and walk</b> <input type="checkbox"/></p>	
<p><b>NEUROLOGICAL:</b>  <b>MAEW:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>PERLA:</b> Y <input type="checkbox"/> N <input type="checkbox"/>  <b>Strength Equal:</b> Y <input type="checkbox"/> N <input type="checkbox"/> if no -  <b>Legs</b> <input type="checkbox"/> <b>Arms</b> <input type="checkbox"/> <b>Both</b> <input type="checkbox"/>  <b>Orientation:</b>  <b>Mental Status:</b>  <b>Speech:</b>  <b>Sensory:</b>  <b>LOC:</b></p>	
<p><b>PSYCHOSOCIAL/CULTURAL:</b>  <b>Coping method(s):</b>  <b>Developmental level:</b>  <b>Religion &amp; what it means to pt.:</b>  <b>Personal/Family Data (Think about home environment, family structure, and available family support):</b></p>	

**Vital Signs, 1 set (5 points) – HIGHLIGHT ALL ABNORMAL VITAL SIGNS**

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
8 am	62	118/78	26	97.4	79

**Pain Assessment, 1 set (5 points)**

Time	Scale	Location	Severity	Characteristics	Interventions
9:00 am	0-10	-	0	-	-

**Intake and Output (2 points)**

Intake (in mL)	Output (in mL)

**Nursing Diagnosis (15 points)**

**\*Must be NANDA approved nursing diagnosis\***

<p><b>Nursing Diagnosis</b></p> <ul style="list-style-type: none"> <li>• Include full nursing diagnosis with “related to” and “as evidenced by” components</li> <li>• Listed in order by priority – highest priority to lowest priority pertinent to this client</li> </ul>	<p><b>Rationale</b></p> <ul style="list-style-type: none"> <li>• Explain why the nursing diagnosis was chosen</li> </ul>	<p><b>Interventions (2 per dx)</b></p>	<p><b>Outcome Goal (1 per dx)</b></p>	<p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>• How did the client/family respond to the nurse’s actions?                             <ul style="list-style-type: none"> <li>• Client response, status of goals and outcomes, modifications to plan.</li> </ul> </li> </ul>
<p><b>1.</b> -Impaired Physical Mobility</p>	<p>-I want to maintain client’s strength so her joints won’t constrict</p>	<p><b>1.</b> I want the client to do active range of motion to the best of her abilities</p> <p><b>2.</b> I want Physical therapy 3x per week</p>	<p><b>1. My outcome goal is to travel around the care facility alone in 2weeks</b></p>	

<p>2. -Acute pain</p>	<p>- I want the clients joints to be as fluid as possible and the pain to be limited since the client has arthritis I want to control pain levels as much as possible</p>	<p>1. I want the client to absorb as much Sunlight exposure as possible  2.I want the client to have peanuts and seeds incremented into her diet to aid her joint pain.</p>	<p>1. My Outcome goal is to make my client as comfortable as possible and make sure pain levels stay below 3 out of 10 consistently at the end of each day</p>	
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**Other References (APA):**

**Concept Map (20 Points):**

### Subjective Data

She said " No pain"

### Nursing Diagnosis/Outcomes

Impaired Physical Mobility/ My outcome goal is for my client to be able to travel **without help** around the care facility in 2 weeks  
 -Acute pain/ My Outcome goal is to make my client as comfortable as possible and make sure pain levels stay below 3 out of 10 consistently at the end of each day

### Objective Data

Time: 8 am  
 Pulse: 62  
 B/P: 118/79  
 Respiration Rate: 26  
 Temp: 97.4  
 Oxygen: 79

### MH- Client Information

Bradycardia, Hypertension, Anxiety,  
 Compression Back Fracture, Hernia,  
 Arthritis, Heart Failure, Stage 3  
 Chronic Kidney Disease, Type 2  
 Diabetes mellitus, Chronic obstructive  
 pulmonary, Anemia  
 PSH- Hernia Surgery x2  
 Family history: N/A

### Nursing Interventions

- 1 A. I want the client to do active range of motion to the best of her abilities  
 B. I want Physical therapy 3x per week
- 2A. I want the client to absorb as much Sunlight exposure as possible  
 B. I want the client to have a diet modification peanuts and seeds incremented into her diet to aid her joint pain.

Insight Information Pertaining to

Arthritis

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Foundations of Professional Nursing Practice

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**Chronic pain, acute pain, sore joints are all words that associate with the medical term Arthropathy; which is more commonly known as arthritis. Arthritis comes five different types Osteoarthritis, Rheumatoid Arthritis, Psoriatic Arthritis, Gout, and Lupus. I will be addressing the process, signs and symptoms as well as other things that has to do with the disease of arthritis.**

**The Rheumatoid Arthritis is “insulin resistance (IR) is more prevalent in rheumatoid arthritis (RA) and is associated with endothelial dysfunction and with increased CVD.”, According to Rheumatology International. In simpler terms the Rheumatoid arthritis is a form type arthritis that causes pain, swelling, stiffness and loss of ability in your joints which is how this affect the system of the body overall. This type of arthritis is more commonly known more known type of arthritis because the negative effects that it causes to the body. Being that arthritis is a disease that is difficult to point out by the caregivers “While synovial fluid analysis is obtained as standard of care, it is well-document that synovial fluid findings can be highly variable and there can be significant overlap in patients with the underlying diagnosis of gout, pseudogout, or rheumatoid arthritis.”, According to Journal of Experimental Orthopaedics.**

**While there’s multiple ways to manage the pain of the arthritis the disease is incurable as of today but a common practice is using TNF treatment this treat aids many other diseases, but it also manage arthritis pain as well. According to Rheumatology International “A recent systematic review and meta-analysis suggests that anti-TNF treatment improved IR in RA patients”**

## Reference

- Turner, E. H. G., Lang, M. D. H., & Spiker, A. M. (2021, January 9). *A narrative review of the last decade's literature on the diagnostic accuracy of septic arthritis of the native joint - journal of experimental orthopaedics*. SpringerOpen. Retrieved February 17, 2022, from <https://jeo-esska.springeropen.com/articles/10.1186/s40634-020-00315-w>
- van den Oever, I. A. M., Baniaamam, M., Simsek, S., Raterman, H. G., van Denderen, J. C., van Eijk, I. C., Peters, M. J. L., van der Horst-Bruinsma, I. E., Smulders, Y. M., & Nurmohamed, M. T. (2020, August 10). *The effect of anti-TNF treatment on body composition and insulin resistance in patients with rheumatoid arthritis - rheumatology international*. SpringerLink. Retrieved February 17, 2022, from <https://link.springer.com/article/10.1007/s00296-020-04666-6>