

Physical Exam/Assessment

- General:** Alert and oriented to person, place, time, and situation. The patient is well groomed with no signs of distress. The patient appeared fatigued.
- Integument:** The patient's skin is warm to touch, dry, and color is normal. **The patient has stage 1 pressure sores on the sacrum, the heels of the feet, and the right lateral side of the fifth metatarsal.** The patient has normal quality, distribution, and texture of hair. Skin turgor is normal with capillary refill less than 3 seconds.
- HEENT:** Head is midline to the spine. Trachea is midline without deviations and bilateral carotid pulses are 2+. PERRLA and EOMs intact bilaterally.
- Cardiovascular:** Clear S1 and S2 sound without murmurs, gallops, or rubs. Normal rate and rhythm.
- Respiratory:** Respirations were non-labored and symmetrical throughout. No wheezes or rhonchi noted. No use of accessory muscles noted.
- Genitourinary:** **Urinary incontinence. Urine is clear, light amber in color.** Absence of pain, urgency, frequency, or retention.
GI: Stools were watery, loose and yellow green
- Musculoskeletal:** Normal findings in upper extremities. Patient moved upper extremities well and demonstrated normal hand grip strength. **Weakness noted in the lower extremities with reduced muscle tone. Swelling noted in the right calf. Tenderness on palpation of the right calf. Morse fall scale: 60. Right hip was tender to touch with reduced range of motion.**
- Neurological:** Alert and oriented to person, place, time, and situation. Ability to follow instructions. PERRLA intact. Motor strength in upper extremities equal bilaterally. Clear and appropriate speech. Symmetrical facial expressions.
- Most recent VS (include date/time and highlight if abnormal):**
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| Temperature: | 36.5 C |
| BP : | 106/55 |
| Respiration: | 18 |
| BPM: | 86 |
| SpO2: | 96 |
| Pain: | 5/10 |

Pain and pain scale used: Pain 5 out of 10 on number scale. Pain is intermittent between 5 and 7.

References (3) (APA):

Capriotti, T. (2020). Chapter 20: Respiratory Inflammation and Infection. In *Davis Advantage for pathophysiology: Introductory concepts and clinical perspectives* (pp. 483–484). essay, F.A. Davis.

Haugen, N., & Galura, S. (2022). *Ulrich & Canale's Nursing Care Planning Guides: Prioritization, delegation, and clinical reasoning*. Elsevier.

Skidmore-Roth, L. (2022). *Mosby's 2022 nursing drug reference*. Elsevier.

