

**N311 Care Plan 1**

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Lakeview College of Nursing

N311: Foundations of Professional Practice

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**Demographics (5 points)**

|                                      |                               |                                 |                                                                                                                                                                                 |
|--------------------------------------|-------------------------------|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Date of Admission</b><br>09/19/23 | <b>Client Initials</b><br>S.O | <b>Age</b><br>67                | <b>Gender</b><br>Female                                                                                                                                                         |
| <b>Race/Ethnicity</b><br>White       | <b>Occupation</b><br>Retired  | <b>Marital Status</b><br>Single | <b>Allergies</b><br>Naproxen- rash,<br>moderate.<br>Sulfa antibiotics- rash,<br>moderate.<br>Amoxicillin- rash &<br>fever, severe.<br>Cortisone- headache<br>& high BG, severe. |
| <b>Code Status</b><br>Full Code      | <b>Height</b><br>5'9          | <b>Weight</b><br>218 lbs        |                                                                                                                                                                                 |

**Medical History (5 Points)**

**Past Medical History:** Hypertension, Hyperlipidemia, Constipation, Asthma, Arthritis, and Constipation

**Past Surgical History:** Appendectomy (1997), Colonoscopy (1/17/2018), Hysterectomy (1997), Left Kidney surgery (1977), Right rotator cuff surgery (08/5/22), Right rotator cuff surgery (03/8/23).

**Family History:** Hypertension (Father), Leukemia (Father), (No documented maternal history)

**Social History** (tobacco/alcohol/drugs including frequency, quantity and duration of use):  
Former tobacco use- cigarettes (quit 3/7/2019), No drug use, not currently sexually active.

**Admission Assessment**

**Chief Complaint (2 points):** shoulder pain after injury, admitted for post op care, pain control.

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

**Primary Diagnosis**

**Primary Diagnosis on Admission (3 points): rotator cuff syndrome of the right shoulder (osteoarthritis of right shoulder).**

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

### **Pathophysiology**

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

**Osteoarthritis is a disease where cartilage swells from the increased production of proteoglycans. This causes the cartilage to wear down. Cartilage corrodes and flakes, disturbing the synovial lining. Chronic inflammation accelerates cartilage degradation as the lining of the cartilage thickens and becomes fibrotic. Movement is restricted and joint structure is impacted. When the cartilage deteriorates it can cause stiffness, inflammation and pain. This disease can lead to loss of flexibility, bone spurs, and grating sensation. Causes include congenital disorders, endocrine conditions like type 2 diabetes, heredity, and metabolic conditions. “Anyone can get osteoarthritis, but it is more common as people age. Women are more likely than men to have osteoarthritis, especially after age 50”. (NIH National Institute on Aging, *Osteoarthritis* 2022). “Although osteoarthritis can damage any joint, the disorder most commonly affects joints in your hands, knees, hips and spine” (*Osteoarthritis - Symptoms & Causes - Mayo Clinic*, 2021). There are two diagnostic tests that are used to identify osteoarthritis. Neuromuscular tests can show reduced muscle strength. Although osteoarthritis can damage any joint, the disorder most commonly affects joints in your hands, knees, hips and spine. (National Institute on Aging, 2023) While Arthroscopy shows internal joint structures, identifies soft-tissue swelling, and helps rule out inflammatory arthritis, infection, and crystal arthropathy. (National Institute on Aging, 2023)**

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

National Institute on Aging. (2023, January 9). *Osteoarthritis*. Lippincott Direct.

<https://advisor.lww.com/lna/document.do?bid=4&did=1204016>

*Osteoarthritis - Symptoms & causes - Mayo Clinic*. (2021, June 16). Mayo Clinic.

<https://www.mayoclinic.org/diseases-conditions/osteoarthritis/symptoms-causes/syc-20351925>

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

| Time | Pulse | B/P    | Resp Rate | Temp | Oxygen |
|------|-------|--------|-----------|------|--------|
| 1230 | 88    | 145/72 | 18        | 98.1 | 94%    |

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

| Time | Scale | Location       | Severity | Characteristics | Interventions                                      |
|------|-------|----------------|----------|-----------------|----------------------------------------------------|
| 0915 | 5/10  | Right shoulder | Moderate | Dull, Constant. | Prn- norco 7.5-325 p.o.<br>Hydromorphone .5mg ivp. |