

N311 Care Plan 1

Kiah Jensen

Lakeview College of Nursing

N311: Foundations of Professional Practice

Travis Whisman MSN, RN

September 15, 2024

Demographics (5 points)

Date of Admission 9/10/2024	Client Initials DC	Age 86 yrs old	Gender Male
Race/Ethnicity White	Occupation Retired	Marital Status Divorced	Allergies None
Code Status Full	Height 5'6"	Weight 154.8 lbs	

Medical History (5 Points)

Past Medical History: Thyroid Disease, CAD, PVD, ED, Hyperlipidemia, Dementia, CVA

Past Surgical History: Cholecystectomy, Free Bowl Adhesion, Colonoscopy

Family History: Unknown to Patient

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

No Tobacco Use, Yes Alcohol Use – 1 Shot of liquor per week, No drug Use

Admission Assessment

Chief Complaint (2 points): SOB

History of Present Illness – OLD CARTS (10 points): Patient had SOB / Fatigue for more than 1 week before coming into the ED. He uses a walker but the patient states feeling weak while walking. He couldn't use his walker anymore & was afraid of falling. EKG shows Bradycardia – Low 40 to 50's.

Primary Diagnosis

Primary Diagnosis on Admission (3 points): Bradycardia

Secondary Diagnosis (if applicable): None

Pathophysiology

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

Bradycardia often occurs in the sinus node. The sinus node is a location in the right upper Atria with specialized tissue. The sinus node is the natural pacemaker everyone has at birth. The sinus node generates an electrical stimulant that controls how often the heart beats (John Hopkins University, 2024). When your heart's electrical signals do not move correctly from the upper atria to the lower ventricles it slows the flow of blood through the contraction and relaxation of the ventricles and atriums. When the signal is not transmitted properly it causes an atrioventricular block. An atrioventricular block causes the heart to beat much slower than regularly (Mayo Foundation for Medical Education and Research, 2022). Bradycardia can be caused by several different reasons but one that is currently related is hypothyroidism which is the underactive thyroid gland. Thyroid hormones help control the heart rate because of this you can see a slower heart rate when you are having thyroid issues.

Pathophysiology References (2) (APA):

John Hopkins University. (2024). *Anatomy and Function of the Heart's Electrical System.*

www.hopkinsmedicine.org. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/anatomy-and-function-of-the-hearts-electrical-system#:~:text=An%20electrical%20stimulus%20is%20generated>

Mayo Foundation for Medical Education and Research (2022). *Bradycardia - symptoms and causes.* Mayo Clinic.

<https://www.mayoclinic.org/diseases-conditions/bradycardia/symptoms-causes/syc-20355474>

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

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
0300	51 bpm	118/58mmHg	16	98.6	97%

Pain Assessment, 1 set (5 points)

Time	Scale	Location	Severity	Characteristics	Interventions
0809	0-10	abdomen	4/10	Achy – Intermittent	Hydrocodone PRN