

N311 Care Plan 1

Jihee Kim

Lakeview College of Nursing

N311: Foundations of Professional Practice

Travis Whisman

9/15/24

Demographics (5 points)

Date of Admission 9/11/24	Client Initials M.C.	Age 62	Gender Male
Race/Ethnicity Black or African American	Occupation Not employed, Disability	Marital Status Married	Allergies Lisinopril, Tramadol
Code Status Full code	Height 6'2"	Weight 79.3kg (174lbs)	

Medical History (5 Points)

Past Medical History: Hypertension, asthma, cocaine use, diabetes mellitus, CKD stage 3

Past Surgical History: knee surgery, cardiac catheterization

Family History: Diabetes, heart disease, renal failure

Social History (tobacco/alcohol/drugs including frequency, quantity and duration of use): 1 can of beer a week, cocaine/marijuana use

Admission Assessment

Chief Complaint (2 points): Shortness of breath

History of Present Illness – OLD CARTS (10 points): 2-3 days history of worsening fatigue/weakness and some dyspnea, not taking Xarelto for history of atrial flutter, stated that he used cocaine several days ago, reports nausea/vomit x2 over 24 hours, diarrhea with mild abdominal cramping

Primary Diagnosis

Primary Diagnosis on Admission (3 points): Hyperkalemia

Secondary Diagnosis (if applicable): CKD stage 3

Pathophysiology

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

Potassium is a very important nutrient that you need in your body. Hyperkalemia is when you have high potassium in your blood. It is supposed to help your body with your nerves and muscles to function correctly. As well as for your heart to be functioning in the right way. However, having too much potassium in your body can also harm you.

There are many reasons as to why you could get hyperkalemia. The most common ones are from kidney disease. The kidneys have a job where it should balance out the potassium in the body when you are urinating. If that does not work, then your kidney functions will deteriorate more and more. Another reason could be your diet. Your diet might be high in potassium causing your potassium levels to be high. Foods like cantaloupe, bananas, orange juice, etc. are high in potassium. There are many reasons more as to why you could get hyperkalemia.

Potassium has a role play in myocardium. If it is not balanced, then it could also mess up your heart rhythms as well. Myocardium is very sensitive to potassium change. If it gets worse, then the symptoms for hyperkalemia can lead to paralysis in extreme cases.

The treatments for hyperkalemia can go either one way or another. It will depend on if you have renal failure or CKD. Long term treatment could be having a diet where you don't consume too much potassium. There are also medications that could help you with the treatment. There are many ways to treat it even without medications to prevent from possibly getting cardiac arrhythmias and muscle paralysis. If you have hyperkalemia, it is highly recommended to get it treated as soon as possible. It is very important for you to have a good balance within your body.

Pathophysiology References (2) (APA):

- National Kidney Foundation. (n.d.). Hyperkalemia (high potassium). *National Kidney Foundation*. Retrieved September 16, 2024, from <https://www.kidney.org/kidney-topics/hyperkalemia-high-potassium>
- Weiner, I. D., & Wingo, C. S. (1998). Treatment and pathogenesis of acute hyperkalemia. *Journal of Community Hospital Internal Medicine Perspectives*, 1(4), 7372. <https://doi.org/10.3402/jchimp.v1i4.7372>

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

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
0640	58	125/72	14	98.8f	97

Pain Assessment, 1 set (5 points)

Time	Scale	Location	Severity	Characteristics	Interventions
0842	0-10 (word) scale	Generalized; chest	8	Intermittent; sore	Care clustered; pain management plan reviewed with pt; quiet environment facilitated