

# **N311 Care Plan 1**

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N311: Foundations of Professional Practice

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September 19<sup>th</sup>, 2024

## **Demographics**

Date of Admission <b>Sept 8<sup>th</sup>, 2024</b>	Client Initials <b>BA Jr.</b>	Age <b>55 yrs</b>	Gender <b>Male</b>
Race/Ethnicity <b>White</b>	Occupation <b>Dept of Defense</b>	Marital Status <b>Single</b>	Allergies <b>None</b>
Code status <b>Full Code</b>	Height <b>6' (182.9cm)</b>	Weight <b>223lb 8.7oz (101.4kg)</b>	

## **Medical History**

- Medical History: BA has history of anxiety, torn right ACL
- Surgical History: BA had neck surgery back in 2007
- Family History: both of BA parents have a history of cancer: father with brain cancer and mother with breast cancer
- Social History: BA has a history of smoking ½ pack of cigarettes per day, chew tobacco occasionally, and drinks a 5<sup>th</sup> of Vodka 3x per week
- Allergies: no known allergies

## **Chief Complaint**

Abdominal pain and questionable seizures

## **Admission Assessment**

BA came to the hospital because of abdominal pains and a case of a seizure. He had an x-ray back in late March where the pain occasionally progressed. Mid-June is when the constant pain began in his mid-upper stomach. He has been experiencing burning, stinging, and jolting pains no matter if he's standing, sitting or actively moving that travel to his R knee. He has been taking stomach Pepto-Bismol to help relieve pain when he can afford it. He also has tried to take Advil, Aleve, Tylenol, Norco and Pepto which gives him temporary relief.

## **Diagnosis**

- Primary Diagnosis: Alcohol Intoxication, CIWA (seizures)
- Secondary Diagnosis: Mild Portal Hypertensive Gastropathy

## **Pathophysiology**

According to National Library of Medicine, alcohol intoxication is diagnosed when patient states or it's evidently known that alcohol have been ingested due to characteristics like behavior changes, slurred speech, incoordination, memory loss and others (LaHood AJ, 2023). When alcohol is absorbed through the GI tract, the liver metabolizes it. Cirino defines alcohol intoxication as "a condition associated with drinking too much alcohol in a short amount of time". (Cirino, 2018). During this process, your liver releases enzymes, alcohol dehydrogenase (ADH), to break down the alcohol but too much consumption of alcohol results in the excess alcohol to circulate throughout the body (Zakhari, 2006). Metabolism of ADH then produces acetaldehyde, which is a toxic byproduct that can results in tissue damage and addictive process.<sup>3</sup> The speed of absorption influences the history of alcohol use and tolerance, and the effects depends on its concentration in the blood (blood alcohol concentration [BAC])<sup>3</sup>. The central nervous system (CNS) is affected the most where it increases the inhabitation (reduces electrical stimulation) and decreases the excitation (prompt electrical stimulation)<sup>1</sup>. Alcohol binds to gamma-aminobutyric acid (GABA), the primary inhibitory neurotransmitter, activating cognitive dysfunction and decrease coordination<sup>1</sup>.

Alcohol intoxications have some small or major effect on each of the (11) body system (Pietrangelo, 2023). Some systems effects but not limited to:

1. Endocrine Glands: pancreatitis causing abdominal pain
2. Circulatory: hypertension, arrhythmia, stroke, heart attack, low RBC count
3. Digestive System: tissue damage, malnutrition, loss of function to intestines from digesting food and nutrients, diarrhea, constipation, dehydrations, ulcers
4. Reproductive System: prevent sex hormone production, increase risk of infertility, inability to maintain erection
5. Skeletal System: bone density, increase fractures, muscle weakness, atrophy
6. Immune System: pneumonia or tuberculosis, cancer of mouth, liver, throat, etc. [<sup>4</sup>]

Symptoms vary due to the amount of consumption and gastric alcohol concentration per person from age, weight, sex, etc.<sup>2</sup> According to Cirino, there are seven stages of alcohol intoxications. These stages are:

1. Sobriety or low-level intoxication: one or less drinks per hour, normal behavior, BAC 0.01-0.05%
2. Euphoria: two or more drinks per hour, considered "tipsy", BAC 0.03-0.12%
3. Excitement: three or more drinks per hour, visible "drunk" vision problems, loss of balance, etc, BAC 0.09-0.25%
4. Confusion: five or more drinks per hour, emotional outbursts, loss of coordination, "black out", BAC very high 0.18-0.30%
5. Stupor: no longer responds to things around them, lose control of bodily function, vomiting, may experience seizures, dangerous and fatal, BAC 0.25-0.4%
6. Coma: medical attention needed, extremely dangerous, slow blood circulation, low body temperature, BAC 0.35-0.45%
7. Death: BAC percent 0.45 or higher [<sup>2</sup>]

There are two known diagnoses testing for alcohol intoxication: urine test and a breath test.

## **Vital Signs:**

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
<b>11:26am</b>	<b>76</b>	<b>128/72</b>	<b>16</b>	<b>98.1 F</b>	<b>93%</b>

## **Pain Assessment**

Time	Scale	Location	Severity	Characteristics	Intervention
8:12am	Number scale 8	Stomach to ACL surgery	Strong	Hard to touch Top of stomach R side	Tylenol Q4 PRN Norco Q4 PRN Prednisolone 40mg/Daily Low-Fat diet Tums 50mg Q6 PRN

## **Reference**

1. LaHood AJ, Kok SJ. (June 21, 2023). Ethanol Toxicity. National Library of Medicine: StatPearls. Available from:  
<https://www.ncbi.nlm.nih.gov/books/NBK557381/>
2. Cirino, E. (June 29, 2018) Alcohol Intoxication: What You Should Know. Healthline. Available from:  
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3. Zakhari, S. (2006). Overview: How is alcohol metabolized by the body? Alcohol Research & Health. Available from:  
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4. Pietrangelo, A. (Feb 16, 2023) What Are the Effects of Alcohol on the Body? Healthline. Available from:  
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