

N311 Care Plan 1

Jacque Alldredge

Lakeview College of Nursing

N311: Foundations of Professional Practice

Kristal Henry

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Demographics (5 points)

Date of Admission 09/21/2024	Client Initials MW	Age 50	Gender Female
Race/Ethnicity White	Occupation Long John Silvers	Marital Status Single	Allergies Ibuprofen, Morphine, Vinegar
Code Status Full	Height 5'4"	Weight 130lb	

Medical History (5 Points)

Past Medical History: Anxiety and depression

Past Surgical History: Patient has had her jaw wired shut.

Family History: Diabetes and heart attack runs on her dads. Patient does not know any information about her mom or her mom's family.

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

Patient claims they quit smoking 6-12 months ago, does not currently use any drugs. Has used drugs in the past. Patient does not drink alcohol.

Admission Assessment

Chief Complaint (2 points): Diarrhea

History of Present Illness – OLD CARTS (10 points): Abdominal pain started in the morning of September 21, 2024. The pain had just started this morning and was constant until she came into the emergency room. She stated she “had diarrhea this morning with pain starting in the lower abdomen and moved to the upper abdomen”. Her stomach has a constant ache. Patient stated, “nothing was making her stomachache any better or worse”. Patient did not try anything to relieve her stomach pain.

Primary Diagnosis

Primary Diagnosis on Admission (3 points): Ileitis

Secondary Diagnosis (if applicable): Diarrhea

Pathophysiology

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

Ileitis

What is Ileitis? Ileitis is a type of Crohn's disease. This disease causes inflammation of the ileum which is in the lower part of the small intestine. (Cleveland clinic, 2024) Ileitis can be a hard disease to diagnose because it shows the same symptoms as many other diseases.

Affect Ileitis has on the body

Ileitis is a disease that only physically affects the last part of the small intestine. Although Ileitis makes your abdomen hurt all over because of the inflammation, its primarily only the lower part of the small intestine that is inflamed. This disease usually causes an increase in white blood cells. A high white blood count usually means something is inflamed. This disease has its high and lows. Flare ups can come out of nowhere. Eating the wrong things can cause bad flare ups. Ileitis arises from mechanisms involving intestinal macrophages, neutrophils, and T-cells. Encouraging proinflammatory mediators are critical in this disease. (Ranasinghe, 2024)

Signs and Symptoms

Ileitis has many signs and symptoms. One of the main symptoms is abdominal pain. This pain is often in the lower abdomen, but sometimes the pain moves to the upper abdomen. Diet is a big factor for this disease. Eating the wrong diet can cause the intestines to flare up. The most common symptoms of Ileitis are lower abdominal pain, diarrhea, bloody stools, malabsorption,

and weight loss. (Khan, 2022) Some people experience terrible signs and symptoms, while others don't experience any at all.

Diagnostic testing

There are different types of testing for Ileitis. One of the first tests a doctor might suggest is a blood test. Doing a blood test will show if the patient is anemic. The blood test will also check for signs of infection. The white blood count would be elevated if the patient had an infection. Another type of diagnostic testing would be a stool sample. Doing a stool sample will show hidden blood or organisms. (Mayo Clinic Staff, 2022) If a blood test or stool sample does not diagnose Ileitis a colonoscopy or CT scan will be needed. Medication can keep this disease in remission if it's taken correctly.

Overall, Ileitis is a very frustrating disease. There is no cure, and it is very hard to figure out the cause. Each person with Ileitis has symptoms that might be worse than the other person. One medication might work well for one patient, but not well for another patient. Finally, with further studies and investigations Ileitis will have a cure in the future.

Pathophysiology References (2) (APA): References

Crohn's disease: What it is, symptoms, causes & treatment. Cleveland Clinic. (2024, June 21).

[https://my.clevelandclinic.org/health/diseases/9357-crohns-disease?](https://my.clevelandclinic.org/health/diseases/9357-crohns-disease?%2B_ga=2.247278276.1106546667.1638287121-1580321800.1637774691)

[%2B_ga=2.247278276.1106546667.1638287121-1580321800.1637774691](https://my.clevelandclinic.org/health/diseases/9357-crohns-disease?%2B_ga=2.247278276.1106546667.1638287121-1580321800.1637774691)

Khan, Dr. Z. (2022, September 21). *Understanding terminal ileitis and its link with IBD*. Revive Research Institute, LLC. <https://www.reviveresearch.org/blog/terminal-ileitis-and-its-link-withibd/#:~:text=Symptoms%20of%20Terminal%20Ileitis:%20The%20symptoms%20of%20this%20condition%20vary>

Mayo Foundation for Medical Education and Research. (2022, August 6). *Crohn's disease*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/crohns-disease/diagnosis-treatment/drc-20353309#:~:text=colonoscopy.,help%20to%20make%20a%20diagnosis>

Ranasinghe, I. R. (2024, February 24). *Crohn disease*. StatPearls [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK436021/#:~:text=Genetic%2C%20infectious%2C%20immunological%2C%20environmental%2C%20and%20dietary%20factors%20contribute,promoting%20proinflammatory%20mediators%20like%20tumor%20necrosis%20factor-%CE%B1%20%28TNF-%CE%B1%29>.

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

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
15:00	75 BPM	92/70	20	97.7 F	98 %

Pain Assessment, 1 set (5 points)

Time	Scale	Location	Severity	Characteristics	Interventions
15:00	0-10	N/A	0-10	N/A	N/A