

**N311 Care Plan 1**

Shiann Manint

Lakeview College of Nursing

N311: Foundations of Professional Practice

Travis Whisman

02/08/25

### Demographics

|   |                                 |  |  |
|---|---------------------------------|--|--|
| <b>Date of Admission</b><br>02/03/25                  | <b>Client Initials</b><br>D.W.  | <b>Age</b><br>51 years old                 | <b>Biological Gender</b><br>Female     |
| <b>Race/Ethnicity</b><br>Black or African<br>American | <b>Occupation</b><br>Unemployed | <b>Marital Status</b><br>Single (Divorced) | <b>Allergies</b><br>No Known Allergies |
| <b>Code Status</b><br>Full Code                       | <b>Height</b><br>5'3"           | <b>Weight</b><br>101.2 kg (223 lb)         |  |

### Medical History

#### Past Medical History:

Arthritis, Colon Cancer (Last Screening 08/18/2024), Hep C, Osteoarthritis, Seizures

#### Past Surgical History:

Left Wrist Surgery, Appendectomy, Colonoscopy (8/16/24), Left Knee Arthroscopy

#### Family History:

Father – Cancer

Mother – CHF, Diabetes, Heart Attack

Maternal Grandmother – Cancer, Rheumatoid Arthritis, Osteoarthritis

Sister – Hypertension

Maternal Aunt – Rheumatoid Arthritis

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

Smoked cigarettes for 45 years. Chart did not state if patient still currently smokes or how many packs the patient smoked a day. Patient has a history of drinking about 4.2 oz of alcohol per week. Patient did not state whether they use any type of recreational drugs.

#### Education:

No education history was noted in the chart.

#### Living Situation:

The patient currently lived with their daughter and granddaughter prior to hospital admission in an apartment in Champaign. The apartment has multiple steps, which do not fit with the patient's current condition. Patient will be moving into a house with another daughter that only has three steps to the front door with a home health referral.

**Assistive devices:**

Prior to admission the patient used a cane at home.

Physical and Occupational therapy has referred client to get a front wheeled walker and a tub transfer bench prior to discharging along with a home health referral.

**Admission Assessment**

**Chief Complaint:** Continued left knee pain

**History of Present Illness (HPI)– OLD CARTS:**

Patient presented with continuous left knee pain for the past few months. Stated that the knee pain has altered daily activities, and now the pain is daily with simply ambulation. The pain does not radiate anywhere else. Corticosteroid injections have been used to help with the pain, but have not been successful.

**Primary Diagnosis**

**Primary Diagnosis on Admission:** End-stage Left Knee Degenerative Joint Disorder

**Secondary Diagnosis (if applicable):** Not applicable

**Pathophysiology**

**Pathophysiology of the Disease, APA format:**

Osteoarthritis is one of the most common chronic joint diseases. It damages all types of joints, causing pain to those affected. The most affected joint by osteoarthritis is the knee. This

joint is mainly used more than other joints in the body due to the amount of heavy lifting throughout life, along with walking or running daily. A joint disorder is commonly caused by the breakdown of cartilage; some research has shown that the presence of macrophage polarization can result in an early showing of a degenerative joint disorder (Yaun et al., 2024). Macrophages can indicate the ability to different immunity and inflammation responses.

Symptoms can vary from patient to patient. Generally, most patients experience pain and stiffness around the affected joint. Along with the symptoms of this disease, surrounding factors can affect each individualized patient. A few factors include gender, age, diabetes, obesity, and even hereditary factors (Yaun, et al., 2024). Females are more likely to have a degenerative joint disease than males. Being more active or having heavy use of the knees can also increase the risk of getting osteoarthritis. Another risk of getting osteoarthritis is having a past knee trauma. (Jang, Lee, Ju, 2021).

There is a variety of different treatments to help osteoarthritis. There are options for noninvasive and invasive treatments out there. The noninvasive treatments include exercise on both land and water, using a walking stick, weight control, pain medication, and corticosteroid injections (Jang, Lee, Ju, 2021). For invasive treatment, a knee replacement can be done. Sunhee Jang stated in the article, "Surgery is individualized depending on the functional condition of the patient, the severity of the disease, and the nature of the underlying disease" (2021). Surgery can be the best option for a patient who suffers from a degenerative joint disease such as osteoarthritis, but not every patient can get the surgery. Many factors can determine whether surgery will give the patient the best outcome in life. Especially if the patient is older, the elderly may not handle anesthesia well, and they have a sound support system after surgery.

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

Jang, S., Lee, K., & Ju, J. H. (2021). Recent updates of diagnosis, pathophysiology, and treatment on osteoarthritis of the knee. *International Journal of Molecular Sciences*, 22(5), 2619. <https://doi.org/10.3390/ijms22052619>

Yuan Z, Jiang D, Yang M, Tao J, Hu X, Yang X, & Zeng Y. (2024). Emerging roles of macrophage polarization in osteoarthritis: Mechanisms and therapeutic strategies. *Orthopaedic Surgery*, 16(3), 532–550. <https://doi.org/10.1111/os.13993>

**Vital Signs, 1 set – HIGHLIGHT ALL ABNORMAL VITAL SIGNS**

| <b>Time</b>    | <b>Pulse</b> | <b>B/P</b> | <b>Resp Rate</b> | <b>Temp</b>          | <b>Oxygen SAT</b> | <b>Oxygen Delivery Method</b> |
|----------------|--------------|------------|------------------|----------------------|-------------------|-------------------------------|
| 2/6/25<br>0800 | 108          | 118/79     | 18               | 36.6 °C<br>(97.8 °F) | 95%               | Room Air                      |

**Pain Assessment, 1 set**

| <b>Time</b>    | <b>Scale</b> | <b>Location</b> | <b>Severity</b> | <b>Characteristics</b> | <b>Interventions</b>  |
|----------------|--------------|-----------------|-----------------|------------------------|---|
| 2/6/25<br>0621 | 0-10         | Left Knee       | 8               | Constant Aching        | Care Clustered, Pain Medication Given (Norco)                 |
| 2/6/25<br>0800 | 0-10         | Left Knee       | 4               | Intermittent Aching    | Quiet environment facilitated; Relaxation techniques promoted |