

Concept Map

Demographic Data

- Name: T M
- Date of Birth: January 27, 1962
- Age: 62
- Gender: Female
- Allergies: N/A
- Code Status: Full Code
- Cognition: Alert and oriented ×4
- Admission Diagnosis: Urinary Tract Infection (UTI)
- Race/Ethnicity: Caucasian
- Height/Weight: 5.6''/78kg
- Braden Score: 14
- Infection Control: Standard precautions (UTI precautions)

Past Medical History

- o Congestive Heart Failure (CHF)
- o Diabetes Mellitus
- o Atrial Fibrillation (Afib)
- o Hypothyroidism

Past Surgeries:

- o Hand surgery
- o Gastric surgery (possibly gastric bypass)
- o Back/spinal surgery
- Prior Hospitalizations: Multiple admissions for UTI over the past year

Social History: None reported

- Substance Use: No smoking, alcohol, or drug use reported

Assessment Findings

(From head-to-toe systems)

- Neurological: Alert and oriented ×4
- Cardiac: History of CHF and Afib – risk for fluid overload and arrhythmia
- Respiratory: No breathing issues reported; possible BiPAP use in the past
- Peripheral Vascular: Likely poor circulation due to CHF and diabetes
- Skin: Risk of breakdown; monitor for ulcers due to diabetes
- Gastrointestinal: Gastric surgery history; monitor nutrition
- Genitourinary: Ongoing UTI with no typical symptoms like burning or urgency
- Endocrine: Diabetic and hypothyroid – needs glucose and thyroid monitoring
- Pain: Rates pain as 6 out of 10; patient unsure about the medications she is taking.

Nursing Concerns/Interventions

1. Recurrent UTI – Monitor urine, encourage fluids, evaluate for antibiotic use.
2. Pain Management – Assess regularly, clarify medication, and manage pain.
3. Polypharmacy – Review medication list and provide teaching.
4. Fall Risk – Use fall precautions and monitor closely.
5. Skin Care – Inspect skin daily and prevent pressure injuries.

Education Topics

1. UTI Prevention: Hydration, hygiene, and recognizing symptoms
2. Pain Medication Use: Name, purpose, and how to take them safely
3. Diabetes Care: Diet, foot care, and blood sugar checks
4. Heart Failure Signs: Monitoring weight, reducing salt, and fluid limits
5. Medication Awareness: Know what and why she is taking each medicine

Conclusion (What I Learned)

This assignment taught me the importance of assessing patients holistically. TM has many medical issues and takes lots of medications, which can be confusing for her. As a nurse, I

learned I must explain clearly, assess carefully, and always look for ways to prevent problems like UTIs and falls.

References

Centers for Disease Control and Prevention. (2022, May 4). *Urinary tract infection (UTI)*.

<https://www.cdc.gov/antibiotic-use/community/for-patients/common-illnesses/uti.html>

American Diabetes Association. (2023). *Standards of medical care in diabetes—2023*.

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