

N311 Care Plan

Subjective Data

- Patient states: "I eat live abird because it hurts"
- Patient states: "I hurt anytime I eat anything."
- Patient states she is in pain, but rates pain 0-10.

Nursing Diagnosis/Outcomes

- Imbalanced Nutrition less than body requirements related to impaired food digestion.
- Chronic chest pain related to ineffective digestion.

Objective Data

- Patient will not eat all at or any of their food.
- ~~patient is very tired~~ ^{fatigued}
- Patient falls asleep while assessing.
- Patient's blood pressure is high at 140/78

Patient Information

- 90 years old
- 62 inches tall
- 100.7 lbs
- Female
- diagnosed GERD and dementia and CHF

Nursing Interventions

- Diet changes and medications such as Anacids and Protein-pump inhibitors.
- Educating patient on breathing exercises that can help relieve pain.
- Keeping up on adequate pain control practices and using the prescribed medications when they are due and needed.