

Running head: N311 Care Plan

N311 Care Plan

Lakeview College of Nursing

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Demographics (5 points)

Date of Admission 09/29/2019	Patient Initials A.R	Age 93	Gender F
Race/Ethnicity White	Occupation Retired	Marital Status Widowed	Allergies None
Code Status DNAR	Height 5'2	Weight 115lbs	

Medical History (5 Points)

Past Medical History: High Blood Pressure

Past Surgical History: No Surgical History

Family History: No family History

Social History (tobacco/alcohol/drugs): No Social History

Admission Assessment

Chief Complaint (2 points): Nasal, Shoulder, Humerus Fracture

History of present Illness (10 points):

Primary Diagnosis

Primary Diagnosis on Admission: Nasal, Shoulder, Humerus Fracture.

Secondary Diagnosis (if applicable): None

Pathophysiology of the Disease, APA format (20 points):A fracture is the medical term for a broken bone. Fractures are common; the average person has two during a lifetime. They occur when the physical force exerted on the bone is stronger than the bone itself.

The risk of fracture depends, in part, on a persons age. Broken bones are very common in childhood, although children's fractures are generally less complicated than fractures in

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adults. As people age, the bones become more brittle and you are more likely to suffer fractures from falls that would not occur when you were young.

There are many types of fractures, but the main categories are displaced, non-displaced, open, and closed. Displaced and non-displaced fractures refer to the alignment of the fractured bone.

In a displaced fracture, the bone snaps into two or more parts and moves so that the two ends are not lined up straight. If the bone is in many pieces, it is called a comminuted fracture. In a non-displaced fracture, the bone cracks either part or all of the way through, but does move and maintains its proper alignment.

Symptoms of a fracture are

- Intense pain
- Deformity - the limb looks out of place
- Swelling, bruising, or tenderness around the injury
- Numbness and tingling
- Problems moving a limb

Pathophysiology References (2) (APA):

Fracture. (2019, September 12). Retrieved from <https://medlineplus.gov/fractures.html>.

Types of Bone Fractures: *Buckle Fracture, Stress Fracture, Comminuted Fracture, and More*. (n.d.). Retrieved from

<https://www.webmd.com/a-to-z-guides/understanding-fractures-basic-information>.

Laboratory Data (20 points)

If laboratory data is unavailable, values will be assigned by the clinical instructor

CBC Highlight All Abnormal Labs—Explanations must be in complete sentences and contain in-text citations in APA format.

Lab	Normal Range	Admission Value	Today's Value	Reason for Abnormal Value
RBC	3.50 - 5.20	3.43	3.50	Normal Lab Range
Hgb	12.0 - 15.0	9.9	9.0	A decreased production of Hgb Could include iron deficiency, a lack of vitamin B12, thalassemia, and a number of neoplasms of the bone marrow.
Hct	38.0 - 46.0	30.7	27.8	Normal Lab Range
Platelets	150 - 400	237	239	Normal Lab Range
WBC	4.5 - 11	10.9	6.81	Normal Lab Range
Neutrophils	1.5 - 8.0	6.90	2.06	Normal Lab Range
Lymphocytes	12.0 - 32.0	20.4	30.2	Normal Lab Range
Monocytes	2.0 - 8.0	7.2	9.5	A high monocyte count can indicate the presence of a blood disorder, an autoimmune disease or a chronic infection.
Eosinophils	0.0 - 6.0	3.7	9.5	Eosinophils fight infection and cause inflammation, a high absolute eosinophil count may indicate a viral or bacterial infection, parasites, allergies, or asthma.
Bands	0	0	0	

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Chemistry **Highlight All Abnormal Labs**—Explanations must be in complete sentences and contain in-text citations in APA format.

Lab	Normal Range	Admission Value	Today's Value	Reason For Abnormal
Na-	136 - 145	139	136	Normal Lab Range
K+	3.5 - 5.1	4.1	4.5	Normal Lab Range
Cl-	98 - 107	106	105	Normal Lab Range
CO2	21 - 32.0	26.0	25.3	Normal Lab Range
Glucose	60 - 99	119	92	Normal Lab Range
BUN	0	0	0	No Lab Values
Creatinine	0	0	0	No Lab Values
Albumin	0	0	0	No Lab Values
Calcium	0	0	0	No Lab Values
Mag	0	0	0	No Lab Values
Phosphate	0	0	0	No Lab Values
Bilirubin	0	0	0	No Lab Values
Alk Phos	0	0	0	No Lab Values

Urinalysis **Highlight All Abnormal Labs**—Explanations must be in complete sentences and contain in-text citations in APA format.

Lab Test	Normal Range	Value on Admission	Today's Value	Reason for Abnormal
Color & Clarity	0	0	0	No Lab Values
pH	0	0	0	No Lab Values

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Specific Gravity	0	0	0	No Lab Values
Glucose	0	0	0	No Lab Values
Protein	0	0	0	No Lab Values
Ketones	0	0	0	No Lab Values
WBC	0	0	0	No Lab Values
RBC	0	0	0	No Lab Values
Leukoesterase	0	0	0	No Lab Values

Cultures **Highlight All Abnormal Labs**—Explanations must be in complete sentences and contain in-text citations in APA format.

Test	Normal Range	Value on Admission	Today's Value	Explanation of Findings
Urine Culture	0	0	0	No Lab Values
Blood Culture	0	0	0	No Lab Values
Sputum Culture	0	0	0	No Lab Values
Stool Culture	0	0	0	No Lab Values

Lab Correlations Reference (APA):

Diagnostic Imaging

All Other Diagnostic Tests (10 points):

**Current Medications (10 points, 2 points per completed med)
*5 different medications must be completed***

Medications (5 required)

Brand/Generic	Fentanyl	Meloxicam	Metopropol blocker	Ondansetrin	Sennosides
Dose	25mg	7.5mg	25.mg	4mg	8.6mg
Frequency	qd	qd	qd	PRN	qd
Route	IV	Oral	Oral	IV	Oral
Classification	Opioid Analgesic	Anti-inflammatory drugs	Beta - Blocker	Antiemetic	Sennosides
Mechanism of Action	Full Opioid Agonist	Cyclooxygenase Inhibitor.	Catecholamine-induced increases in heart rate,	Serotonin-3 Receptor Antagonist	Stimulant Laxatives
Reason Client Taking	To relieve Pain	To relieve Pain	Relaxes Blood rate	Ondansetron is used to prevent nausea caused by surgery	Used to relieve Constipation
Contraindications (2)	Brain disorders Liver Disease	Asthma Stroke	Diabetes Asthma	Irregular heartbeat Liver Problems	intestinal Blockage Appendicitis
Side Effects/Adverse Reactions (2)	Mood changes seizures	Nausea Diarrhea	Sweating Confusion	Fainting Muscle Spasms	Nausea Dizziness

Medications Reference (APA):

Fentanyl (Actiq) - Side Effects, Dosage, Interactions - Drugs. (2015, January 9). Retrieved from <https://www.everydayhealth.com/drugs/fentanyl>.

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Common and Rare Side Effects for Meloxicam Oral. (n.d.). Retrieved from

<http://www.webmd.com/drugs/2/drug-911/meloxicam-oral/details/list-sideeffects>.

Johnson, J. (n.d.). Metoprolol: Uses, dosages, side effects, and interactions. Retrieved from

<https://www.medicalnewstoday.com/articles/324023.php>.

Ogbru, O. (n.d.). senna (sennosides; Senokot): Laxative Side Effects & Dosage. Retrieved

from https://www.medicinenet.com/sennosides_aandb-oral_tablet/article.htm.

Ondansetron Uses, Dosage & Side Effects. (n.d.). Retrieved from

<https://www.drugs.com/ondansetron.html>.

Assessment

Physical Exam (18 points)

GENERAL: Alertness: Orientation: Distress: Overall appearance:	Patient id alert Patient Oriented X3 Patient shows no sings of distress
INTEGUMENTARY: Skin color: Character: Temperature: Turgor: Rashes: Bruises: Wounds: Braden Score: Drains present: Y <input type="checkbox"/> N <input type="checkbox"/> Type:	Skin Color looks normal 98.7 degreea No Turgor No Rashes No Open Bruises No Open Woud 1 No
HEENT: Head/Neck: Ears: Eyes: Nose: Teeth:	Head and Neck Symmetrical Responded to Peerla

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<p>CARDIOVASCULAR: Heart sounds: S1, S2, S3, S4, murmur etc. Cardiac rhythm (if applicable): Peripheral Pulses: Capillary refill: Neck Vein Distention: Y <input type="checkbox"/> N <input type="checkbox"/> Edema Y <input type="checkbox"/> N <input type="checkbox"/> Location of Edema:</p>	
<p>RESPIRATORY: Accessory muscle use: Y <input type="checkbox"/> N <input type="checkbox"/> Breath Sounds: Location, character</p>	
<p>GASTROINTESTINAL: Diet at home: Current Diet Height: Weight: Auscultation Bowel sounds: Last BM: Palpation: Pain, Mass etc.: Inspection: Distention: Incisions: Scars: Drains: Wounds: Ostomy: Y <input type="checkbox"/> N <input type="checkbox"/> Nasogastric: Y <input type="checkbox"/> N <input type="checkbox"/> Size: Feeding tubes/PEG tube Y <input type="checkbox"/> N <input type="checkbox"/> Type:</p>	<p>Regular diet - Gluten Free</p>
<p>GENITOURINARY: Color: Character: Quantity of urine: Pain with urination: Y <input type="checkbox"/> N <input type="checkbox"/> Dialysis: Y <input type="checkbox"/> N <input type="checkbox"/> Inspection of genitals: Catheter: Y <input type="checkbox"/> N <input type="checkbox"/> Type: Size:</p>	<p>No</p>

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<p>MUSCULOSKELETAL: Neurovascular status: ROM: Supportive devices: Strength: ADL Assistance: Y <input type="checkbox"/> N <input type="checkbox"/> Fall Risk: Y <input type="checkbox"/> N <input type="checkbox"/> Fall Score: Activity/Mobility Status: Independent (up ad lib) <input type="checkbox"/> Needs assistance with equipment <input type="checkbox"/> Needs support to stand and walk <input type="checkbox"/></p>	
<p>NEUROLOGICAL: MAEW: Y <input type="checkbox"/> N <input type="checkbox"/> PERLA: Y <input type="checkbox"/> N <input type="checkbox"/> Strength Equal: Y <input type="checkbox"/> N <input type="checkbox"/> if no - Legs <input type="checkbox"/> Arms <input type="checkbox"/> Both <input type="checkbox"/> Orientation: Mental Status: Speech: Sensory: LOC:</p>	
<p>PSYCHOSOCIAL/CULTURAL: Coping method(s): Developmental level: Religion & what it means to pt.: Personal/Family Data (Think about home environment, family structure, and available family support):</p>	

Vital Signs, 1 set (5 points)

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
7:30	98	153/87	18	98.7	96

Pain Assessment, 1 set (5 points)

Time	Scale	Location	Severity	Characteristics	Interventions
7:30	0	Room			

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Intake and Output (2 points)

Intake (in mL)	Output (in mL)

Nursing Diagnosis (15 points)

Must be NANDA approved nursing diagnosis

Nursing Diagnosis	Rational	Intervention (2 per dx)	Evaluation
<ul style="list-style-type: none"> ● Include full nursing diagnosis with “related to” and “as evidenced by” components 	<ul style="list-style-type: none"> ● Explain why the nursing diagnosis was chosen 		<ul style="list-style-type: none"> ● How did the patient/family respond to the nurse’s actions? ● Client response, status of goals and outcomes, modifications to plan.
1. At risk for acute Pain	due to the fractures	1. give more pain meds 2. keep checking for pain	
2. At risk for falls	due to the fact that she fell down and hurt herself	1.making sure she has her call light 2.	

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Other References (APA):

Concept Map (20 Point):

Subjective Data

Nursing Diagnosis/Outcomes



