N311 Care Plan 1

Lakeview College of Nursing

Payton Baker

Date of Admission	Patient Initials	Age	Gender
10-4-2019	D. F.	79	Male
Race/Ethnicity	**Occupation**	**Marital Status**	**Allergies**
Caucasian	Mechanic	Widowed	Sulfa Antibiotics
Code Status	**Height**	**Weight**	
Full Code	6'0"	173 lbs	

Medical History (5 Points)

Past Medical History: Parkinson's, Hypertension, Depression, Arthritis, Kidney stones,

Fracture, Cataracts.

Past Surgical History: Colonoscopy x2, Vasectomy, Hemorrhoid surgery, Intracapsular cataract

extraction.

Family History: N/A

Social History (tobacco/alcohol/drugs): When younger he was in a band and drank beer. Says

he smoked while in the army.

Admission Assessment

Chief Complaint (2 points): Right olecranon fracture

History of present Illness (10 points):. Patient was at Texas Roadhouse restaurant when he fell.

He was walking to his seat and was trying to walk up a few steps to get to his table. He states

that "someone stepped in front of me and I stumbled backwards." This caused him to fall

backwards down the few steps on his side. From his fall he obtained a large bruise on his right

hip and a fracture to his right elbow.

Primary Diagnosis

Primary Diagnosis on Admission (3 points):. Right Olecranon Fracture

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

A fracture is a medical issue that can be present in anybody. A fracture is any break in the bone that occurs "when stress is placed on the bone that exceeds its biologic loading capacity" (Swearingen & Wright, p. 505). There are many things that can cause fractures such as falls, traumatic events such as car accidents, direct strikes to your body, and injuries that you obtain from sports.

Anyone can obtain a fracture, however "you are more likely to develop one if you have brittle bones, or low bone density" (Giorgi, 2016) Rick factors that could lead to having brittle bones includes being elderly, having osteoporosis, taking corticosteroids, having endocrine or intestinal issues, being physically inactive, drinking alcohol or smoking. If you do or have any of these then your rick of having brittle bones is increased which in turn increased your rick of having a fracture.

The main treatment for fractures involves applying a cast to the area. Typically a doctor will put the pieces of the fractured bone back in their original places and place a cast on the area so your body will heal itself in the correct position. However, doctors are also able to use screws to put the pieces of your bone back together. If this method is used then the screws placed inside the bones are permanent and will not be removed.

The patient who obtained the right olecranon fracture was at a higher risk due to a decrease in his bone density. Due to the fact that he was an elderly man and was not extremely active he had a decrease in his bone density which caused a fracture when he fell down the steps at the restaurant.

Pathophysiology References (2) (APA):

Swearingen, P.L., & Wright, J. D. (n.d.). *All in one nursing care planning resource.* ELSEVIER

Giorgi, A.Z. (2016, September 29). Fracture (W. Morrison, Ed.). Retrieved October 13, 2019,

from healthline website: https://www.healthline.com/health/fracture

Laboratory Data (20 points)
If laboratory data is unavailable, values will be assigned by the clinical instructor

CBC <mark>Highlight All Abnormal Labs</mark>—**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		Information not available		
Hgb	12-18	13.6		
Hct	37-51%	40.1%		
Platelets	140-400	283		
WBC	4-11	12.10		Elevated d/t healing process of the elbow.

Chemistry <mark>Highlight All Abnormal Labs</mark>—**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 mmol/L	138 mmol/L		
K+	3.5-5.1 mmol/L	4.0 mmol/L		
Cl-	98-107 mmol/L	106 mmol/L		
CO2	21.0-32.0 mmol/L	24 mmol/L		

Glucose	60-99 mg/dL	120 mg/dL		Elevated
BUN	7-25 mg/dL	22 mg/dL		
Creatinine	0.70-1.30 mg/dL	0.92 mg/dL		
Albumin	3.4-5.0	4		
Calcium	8.5-10.1 mg/dL	8.9 mg/dL		
Mag		Information not available		

Urinalysis <mark>Highlight All Abnormal Labs</mark>—**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		Information not available		
pH		Information not available		
Specific Gravity		Information not available		
Glucose		Information not available		
Protein		Information not available		
Ketones		Information not available		
WBC		Information not available		
RBC		Information not available		
Leukoesterase		Information not available		

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

Test	Normal	Value on	Today's	Explanation of Findings

	Range	Admission	Value	
Urine Culture		Information not available		
Blood Culture		Information not available		
Sputum Culture		Information not available		
Stool Culture		Information not available		

Diagnostic Imaging

All Other Diagnostic Tests (10 points): No other diagnostic tests available

Current Medications (10 points, 2 points per completed med)
5 <u>different</u> medications must be completed

Medications (5 required)

Brand/Generic	Tylenol	Hydrocodone-acetaminophen	Aspirin	Ondansetren disintegrating tablet	Fluoxetine
Dose	650 mg	325 mg	81 mg	4 mg	20 mg
Frequency	Every 4 hrs as needed	Every 4 hrs as needed	Daily	Every 12 hours as needed	Daily
Route	oral	oral	oral	oral	oral
Classification	Pain medicine	Pain Medicine			
Mechanism of Action					
Reason Client Taking	Help with pain in right arm	Help with pain in right arm	Thin blood to prevent clots	Prevent nausea and vomiting	Treat depression and anxiety
Contraindications (2)	Excess may cause headache or dark urine	Excess use could result in headache or dizziness	Could cause excess bleeding or excess bruising	Excess could cause vomiting or diarrhea	May cause increased depression or confusion
Side Effects/Adverse Reactions (2)	May cause nausea, vomiting or stomach	May cause nausea or vomiting	May cause nausea, heartburn and	May cause headache, dizziness, and fever	May cause diarrhea or blurred vision

	ache		dizziness.		

Medications Reference (APA):

Roth, E. (2017, July 11). Blood Thinners for Heart Disease (D. Sullivan, Ed.).

Retrieved October 13, 2019, from healthline website:

https://www.healthline.com/health/heart-disease/blood-thinners

Assessment

Physical Exam (18 points)

GENERAL: **Alertness:** Alert x3 **Orientation:** Orientated x3 **Distress:** none apparent **Overall appearance:** awake, well groomed	
INTEGUMENTARY: **Skin color:** Tan/yellow **Character:** dry **Temperature:** warm **Turgor:** less than three seconds **Rashes:** None visible **Bruises:** old bruise on right hip **Wounds:** bruise on right hip **Braden Score:** 19 **Drains present: Y**☐ **N** ☒ **Type:**	
HEENT: **Head/Neck:** normal **Ears:** ear hairs present **Eyes:** sclera white, pupils small **Nose:** no deviated septum **Teeth:** Dentures at home, oral cavity pink and moist.	.
CARDIOVASCULAR: **Heart sounds:** no adventitious sounds **S1, S2, S3, S4, murmur etc.** **Cardiac rhythm (if applicable):** regular **Peripheral Pulses:** palpable bilaterally	.

Capillary refill: less than 3 seconds **Neck Vein Distention:** Y ☐ N ☒ **Edema Y** ☐ N ☒ **Location of Edema:**	
RESPIRATORY: **Accessory muscle use:** Y☐ N ☒ **Breath Sounds:** bilateral equal air entry, no crackles or wheezes	.

GASTROINTESTINAL:
Diet at home: Normal foods
Current Diet Regular
Height: 6'0"
Weight: 173 lbs
Auscultation Bowel sounds: present
Last BM: yesterday - large
Palpation: Pain, Mass etc.:
Inspection:
   Distention: N/A
   Incisions: N/A
   Scars: N/A
   Drains: N/A
   Wounds: N/A
Ostomy: Y ☐   N ☒
Nasogastric: Y ☐   N ☒
  Size:
Feeding tubes/PEG tube   Y ☐   N ☒
  Type:
	.

GENITOURINARY:
Color: Clear yellow
Character: No dark color or strong odor
Quantity of urine: 100mL
Pain with urination: Y ☐   N ☒
Dialysis: Y ☐   N ☒
Inspection of genitals: normal
Catheter: Y ☐   N ☒
  Type:
  Size:	

MUSCULOSKELETAL: **Neurovascular status:** shakey **ROM:** **Supportive devices:** cane **Strength:** strength equal **ADL Assistance:** Y☒ N ☐	.

Fall Risk: Y ☐ N☐ **Fall Score:** 19 **Activity/Mobility Status:** supervision to limited assistance **Independent (up ad lib)** ☐ **Needs assistance with equipment** ☐ x **Needs support to stand and walk** ☐	
NEUROLOGICAL: **MAEW:** Y ☒ N☐ **PERLA:** Y ☒ N☐ **Strength Equal:** Y ☐ N ☒ if no - Legs ☐ Arms ☐ Both ☒ **Mental Status:** alert and oriented x3 **Speech:** clear **Sensory:** Normal **LOC:** N/A	. Right side slightly weaker
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):**	.

Vital Signs, 1 set (5 points)

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
7:45	62	159/73	18	97.8	97

Pain Assessment, 1 set (5 points)

Reported no pain

Time	Scale	Location	Severity	Characteristics	Interventions
N/A	N/A	N/A	N/A	N/A	N/A

Intake and Output (2 points)

Intake (in mL)	Output (in mL)
75% of meal 320mL of fluid	Voided x1 100 mL

Nursing Diagnosis (15 points)
Must be NANDA approved nursing diagnosis

Nursing Diagnosis • Include full nursing diagnosis with "related to" and "as evidenced by" components	Rational • Explain why the nursing diagnosis was chosen	Intervention (2 per dx)	Evaluation • How did the patient/family respond to the nurse's actions? • Client response, status of goals and outcomes, modifications to plan.
1. Acute pain and discomfort r/t fracture to right elbow.	Having a fracture to the right elbow will cause the patient to experience pain and discomfort.	**1.** Administer pain medicine at regular intervals or when patient complains of pain **2.**Apply ice to the fractured area to help relieve pain.	Patient was given pain medication at regular intervals and reported no pain.
2. Self-care deficit r/t cast on right arm	Having a cast on his right arm will decrease his ability to perform his ADLs.	**1.** Have someone help patient perform ADLs **2.**Teach patient to perform ADLs using the left arm.	Patient worked well with the nurse to achieve ADLs and was able to perform most ADLs with the left arm

Other References (APA):

Concept Map (20 Points):