Running head: N311 Care Plan

N311 Care Plan #4

Lakeview College of Nursing

Olamide Adewole

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N311 Care Plan

Demographics (5 points)

Date of Admission 09/29/2019	Patient Initials G.E	Age 86	Gender F
Race/Ethnicity White	Occupation Retired	Marital Status WIdowed	Allergies Shellfish, Shrimp, Lobster
Code Status No CPR - full code	Height 4'9	Weight 150	

Medical History (5 Points)

Past Medical History: Anemia, Pulmonary Hypertension, Pneumonia

Past Surgical History: No past Surgical History

Family History: No past Family History

Social History (tobacco/alcohol/drugs): None

Admission Assessment

Chief Complaint (2 points): Sepsis

History of present Illness (10 points): On 09/ 20/2019, She was seen in the ER, for fever and shortness of breath same day onset

Primary Diagnosis

Primary Diagnosis on Admission (3 points): Sepsis

Secondary Diagnosis (if applicable): None

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

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Sepsis

Sepsis is a potentially life-threatening condition caused by the body's response to an infection. The body normally releases chemicals into the bloodstream to fight an infection. Sepsis occurs when the body's response to these chemicals are out of balance, triggering changes that can damage multiple organ systems. If sepsis occur in elderly patients it progresses to septic shock and their blood pressure drops dramatically. This may lead to death, especially in older patients. Each year, about 90,000 people in the US die from septic shock. Elderly people account for 65% of sepsis cases – people over 65 are 13 times more likely to have sepsis than younger people.

Sepsis is the most common and most dangerous in Older adults, People who have chronic conditions, such as diabetes, kidney or lung disease, or heart conditions, People who have weakened immune systems, and people who are elderly. Doctors often order several tests to try to pinpoint underlying infection like Blood tests for; Evidence of infection, Clotting problems, Abnormal liver or kidney function, Impaired oxygen availability, Electrolyte imbalances. Other laboratory tests might like; urine test, wound secretions. respiratory secretions might be done too. Some imaging tests like X-rays, Ultrasound, MRIs, CT scans might be done if the site of infection is not obvious.

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A number of medications are used to treat sepsis. The patient needs to be hospitalized.

Mechanical ventilation may be required like Antibiotics: These are administered intravenously

within the first 6 hours or earlier to the infection. Initially, the treatment starts with

broad-spectrum antibiotics to treat a variety of bacteria. Vasopressors are administered if blood

pressure remains too low after receiving intravenous fluids, they may be treated with

vasopressors that constrict blood vessels and help increase the blood pressure.

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Pathophysiology References (2) (APA):

"Sepsis." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 16 Nov. 2018,

https://www.mayoclinic.org/diseases-conditions/sepsis/symptoms-causes/syc-20351214.

Khatri, Minesh. "Sepsis (Blood Infection): Symptoms, Causes & Treatments." *WebMD*,

WebMD, 7 May 2019,

https://www.webmd.com/a-to-z-guides/sepsis-septicemia-blood-infection#1.

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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	4.7 - 6.1	2.43	2.43	Patient is Anemic
Hgb	13.8 - 17.2	8.2	8.2	Patient is Anemic
Hct	5 - 50	23.4	23.4	Normal levels
Platelets	150 - 400	350	350	Normal level
WBC	4.5 - 11	12.00	12.00	Patient is septic
Neutrophils	N/A	N/A	N/A	N/A
Lymphocytes	N/A	N/A	N/A	N/A
Monocytes	N/A	N/A	N/A	N/A
Eosinophils	N/A	N/A	N/A	N/A
Bands	N/A	N/A	N/A	N/A

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-	135 -145	134	137	Normal levels
K+	3.5 - 5.0	3.7	3.5	Normal levels
Cl-	97 - 107	97	97	Normal levels
CO2	N/A	N/A	N/A	N/A

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Glucose	70 - 130	103	106	**Normal levels**
BUN	7 - 20	16	17	**Normal levels**
Creatinine	0.5 - 1.2	0.50	0.50	**Normal levels**
Albumin	N/A	N/A	N/A	N/A
Calcium	N/A	N/A	N/A	N/A
Mag	N/A	N/A	N/A	N/A
Phosphate	N/A	N/A	N/A	N/A
Bilirubin	N/A	N/A	N/A	N/A
Alk Phos	N/A	N/A	N/A	N/A

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	N/A	N/A	N/A	N/A
pH	N/A	N/A	N/A	N/A
Specific Gravity	N/A	N/A	N/A	N/A
Glucose	N/A	N/A	N/A	N/A
Protein	N/A	N/A	N/A	N/A
Ketones	N/A	N/A	N/A	N/A
WBC	N/A	N/A	N/A	N/A
RBC	N/A	N/A	N/A	N/A
Leukoesterase	N/A	N/A	N/A	N/A

Cultures <mark>Highlight All Abnormal Labs</mark>—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	N/A	N/A	N/A	N/A`
Blood Culture	N/A	N/A	N/A	N/A
Sputum Culture	N/A	N/A	N/A	N/A
Stool Culture	N/A	N/A	N/A	N/A

Lab Correlations Reference (APA):

Diagnostic Imaging

All Other Diagnostic Tests (10 points): Adult trans esophageal echo complete (09/23/2019)

Type of study; TEE Procedure - Complete, Doppler, Color Doppler

Summary

- **Severe mitral annular calcification noted**

- **Myxomatous changes of the aortic leaflet without clear evidence of vegetation**

- **There is also severe 3+ mitral valve regurgitation**

- **No clear evidence of vegetation in either valve**

- **Normal left ventricular systolic function**

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

Medications (5 required)

Brand/Generic	Ipratropium Albuterol	Acetaminophen	Glucagon Injection	Levothyroxine	Bumetanide
Dose	3ml	**325mg**	**1mg**	**88mg**	**1mg**
Frequency	**Q6H PRN**	**Q4H PRN**	**PRN**	**QAM AC**	**daily with breakfast**
Route	**Nebulization**	**Oral**	**Intermuscular**	**Oral**	**Oral**
Classification	**Atrovent**	**Analgesics**	gastrointestinal motility inhibitor	l-Thyroxine	diuretics
Mechanism of Action	**cause the muscles of the airways to relax**.	**Unknown**	**Increases blood glucose concentration**	regulates cell proliferation	reduce extra fluid in the body
Reason Client Taking	**Pneumonia**	**Pain**	**To increase blood glucose**	**To maintain metabolism**	**Hypertension**
Contraindications (2)	**Diabetes Seizures**	**Alcohol Butalbital**	**Hypersensitivity**	osteoporosis diabetes	**Alcohol hyperuricemia**
Side Effects/Adverse Reactions (2)	**Headaches Dizziness**	**Rash Trouble breathing**	**Nausea vomitting**	**Tiredness Shaking**	**dizziness lightheadedness**

Medications Reference (APA)Omudhome Ogbru, P. D. (2019, July 30). Albuterol and Ipratropium Inhaler: Side Effects, Dosage, Uses. Retrieved from https://www.medicinenet.com/albuterol_and_ipratropium_inhaler/article.htm.

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Omudhome Ogbru, P. D. (2018, June 19). acetaminophen (Tylenol) Side Effects (Liver

Toxicity) and Dosage. Retrieved from

https://www.medicinenet.com/acetaminophen/article.htm.

Glucagon - FDA prescribing information, side effects and uses. (n.d.). Retrieved from

https://www.drugs.com/pro/glucagon.html.

"Levothyroxine." *DrugBank*, https://www.drugbank.ca/drugs/DB00451.

"Bumetanide: MedlinePlus Drug Information." *MedlinePlus*, U.S. National Library of

Medicine, https://medlineplus.gov/druginfo/meds/a684051.html.

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Assessment

Physical Exam (18 points)

GENERAL: **Alertness: Alert and Cooperative** **Orientation: x3** **Distress: None** **Overall appearance: good**	**Long term memory intact but no short term memory**
INTEGUMENTARY: **Skin color: Normal** **Character: Normal** **Temperature: 97.7** **Turgor: normal** **Rashes: None** **Bruises: None** **Wounds: None** **Braden Score:** **Drains present: Y☐ N ■** **Type:**	
HEENT: **Head/Neck: Normocephalic** **Ears: Normal** **Eyes: Wears glasses** **Nose: Wears Oxygen** **Teeth: Wears dentures**	.
CARDIOVASCULAR: **Heart sounds: good** **S1, S2, S3, S4, murmur etc.** **Cardiac rhythm (if applicable):** **Peripheral Pulses: Strong** **Capillary refill:** **Neck Vein Distention: Y ☐ N ■** **Edema Y ☐ N■** **Location of Edema:**	.
RESPIRATORY: **Accessory muscle use: Y☐ N ■** **Breath Sounds: Location, character**	. **Uses Oxygen**

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GASTROINTESTINAL:
Diet at home: Regular
Current Diet; Regular
Height: 4'9
Weight: 150
Auscultation Bowel sounds:
Last BM: 10/21/2019
Palpation: Pain, Mass etc.:
Inspection:
   Distention: None
   Incisions:None
   Scars: Right Knee
   Drains: None
   Wounds: None
Ostomy: Y ☐   N ■
Nasogastric: Y ☐   N ■
  Size:
Feeding tubes/PEG tube   Y ☐   N ■
  Type:
	.

GENITOURINARY:
Color: yellow
Character: clear
Quantity of urine: N/A
Pain with urination: Y ☐   N ■
Dialysis: Y ☐   N ■
Inspection of genitals:
Catheter: Y ☐   N ■
  Type:
  Size:	

MUSCULOSKELETAL: **Neurovascular status:** **ROM: GOOS** **Supportive devices:WheelChair and walker** **Strength: Equal** **ADL Assistance: Y ■ N ☐** **Fall Risk: Y ■ N ☐** **Fall Score:** **Activity/Mobility Status: Goes for all daily activity** **Independent (up ad lib) ☐ No** **Needs assistance with equipment ☐ Yes** **Needs support to stand and walk ☐ Yes**	.

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NEUROLOGICAL: **MAEW:** Y ☐ N ■ **PERLA:** Y ■ N ☐ **Strength Equal:** Y ■ N ☐ if no - **Legs** ☐ **Arms** ☐ **Both** ☐ **Orientation:** **Mental Status: Good** **Speech: Clear** **Sensory: No short term memory** **LOC: No**	.
PSYCHOSOCIAL/CULTURAL: **Coping method(s): Family** **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
7.20 am	78	134 / 60	18	97.7	

Pain Assessment, 1 set (5 points)

Time	Scale	Location	Severity	Characteristics	Interventions
7.20	0	N/A	N/A	N/A	N/A

Intake and Output (2 points)

Intake (in mL)	Output (in mL)
720 ml	

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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. **Dyspnea**	**Due to previous diagnosis of pneumonia and sepsis**	**1. Access respiratory status every 2 -4 hours** **2. Access patient breath sounds**	
2. **Immobility**	**Due to patient's use of a wheelChair**	**1.Put bed on lowest position** **2.Make sure patient has call light all the time**	

Other References (APA):

Concept Map (20 Points):

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Subjective Data

Pain level is 0

Nursing Diagnosis/Outcomes

Immobility

Dyspnea

Nursing Interven

Objective Data

U

Pulse; 78

Respiration; 18

Temperature; 97.7

Blood pressure; 134 / i60

Patient Information

Initials; G.E

Age; 86

Gender; F

Height; 4'9

Weight; 150lbs

1. Access respiratory status every 2 -4 hours

2. Access patient breath sounds

3. Put bed on lowest position

4. Make sure patient has call light all the time

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