

Subjective

Pt reports head ache, shortness of breath, and blurry vision

Objective

Male, 80 years old

BP 160/90

Bounding pulse

History of Present Illness

PT presents to the ED with complaints of shortness of breath. PT states his pain is a 7 out of ten and that he "feels like he can't breathe". Pt shows signs of extreme anxiety related to hypertensive symptoms. PT reports this has been happening for the last 2 months but this is

Nursing Diagnosis/Outcomes

1. Risk for acute pain related to increased blood pressure as evidenced by PT claiming they have a headache.
 - a. Outcome-Reduce pain to a comfortable level
2. Risk for activity intolerance related to insufficient tissue perfusion as evidenced by shortness of breath
 - a. Outcome-Patient demonstrates a decreased intolerance to activity

Nursing Interventions

Encourage rest, offer relaxation methods, obtain prescription for pain medication from doctor if necessary

Teach patient energy conserving techniques and encourage activity and self-care when tolerated.

