

Subjective

- Aching pain in legs
- Feeling of fullness or heaviness in legs after standing

Reference:
Holman, H.C., Williams, D., Johnson, J., Ball, B.S., Wheless, L.K., Leehy, P., & Lemon, T. (2019). RN Adult Medical Surgical Nursing (11th Edition, p.227). Leawood, KS: Assessment Technologies Institute.

Nursing Diagnosis/Outcomes

1. Impaired Skin Integrity related to venous stasis ulcers as evidenced by irregular-bordered ulcer with granulation tissue at base. (Gulanick & Myers, 2016, location 18892)
 - a. Outcome: Client will experience a healing of ulcers.
2. Risk for Ineffective Peripheral Tissue Perfusion related to Dependent Edema as evidenced by observed edema to lower extremity. (Gulanick & Myers, 2016, location 18845)
 - a. Outcome: Client will maintain adequate tissue perfusion.
3. Deficient knowledge related to self-management of venous insufficiency as evidenced by client report of inadequate knowledge in that domain.
 - a. Outcome: Client will be able to accurately describe techniques to manage venous insufficiency.

Reference:
Gulanick, M., and Myers, J. (2016). *Nursing Care Plans: Diagnoses, Interventions, and Outcomes* (9th Edition, E-Book, location 18845-18892). St. Louis, Missouri: ELSEVIER.

Nursing Interventions

- 1a. Cleanse the wound using saline or noncytotoxic cleanser before any dressing change.
 - Rationale: Preparation of the wound bed is necessary to promote healing. (Gulanick & Myers, 2016, location 18925)
- 1b. Apply appropriate dressings to protect the ulcer during healing
 - Rationale: Stasis ulcers heal through secondary intentions. The use of long-term dressings with compression allows the patient to be ambulatory. (Gulanick & Myers, 2016, location 18925)
- 2a. Encourage client to keep legs elevated when not ambulating.
 - Rationale: Elevation uses the effects of gravity to promote venous return. (Gulanick & Myers, 2016, location 18876)
- 2b. Apply appropriate venous compression devices as ordered.
 - Rationale: Prescription support hose worn below the knee support venous return. (Gulanick & Myers, 2016, location 18876)
- 3a. Teach the patient to avoid crossing the legs at the knee when sitting.
 - Rationale: The patient should avoid any position that compresses the veins and limits venous return. (Gulanick & Myers, 2016, location 18888)
- 3b. Educate the client about the benefits of beginning an exercise program.
 - Rationale: Walking, swimming, and cycling help promote venous return through contraction of the calf and thigh muscles.. (Gulanick & Myers, 2016, location 18888)

Reference:
Gulanick, M., and Myers, J. (2016). *Nursing Care Plans:*

Objective

- Positive D-dimer
- Stasis dermatitis
- Edema to lower extremities
- Stasis Ulcers
- Cellulitis

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History of Present Illness

N/A