

Subjective data

- generalized "not feeling well" as chief complaint
- The patient states she has been training and has ran 50 miles within 72 hours

Nursing diagnosis/outcomes

- Acute pain
 - Outcome: The patient's pain scale rating and physiological indicators show that pain has been reduced within 1 to 2 hours following intervention.
- Constipation
 - Outcome: Upon intervention, the patient returns to her normal bowel elimination pattern.
- Deficient knowledge
 - Outcome: Before discharge, the patient can show understanding and verbalize accurate information about her newly diagnosed disease process.
- Risk for peripheral neurovascular dysfunction
 - Outcome: The patient remains to have adequate peripheral neurovascular function in her involved extremities as evidenced by normal muscle tone and proper capillary refill.

Objective data

- Patient was not febrile during my shift
- Vital signs were not abnormal
- Neurovascular exams show no abnormalities
- CBC w/ differential shows decrease in Hgb/Hct and increase in CK, creatinine and K⁺.

Patient Information

M.K. is a 27-year-old female with a history of pregnancy-induced hypertension, rheumatoid arthritis, and anemia. Pertinent past medical history includes cesarean section and lithotripsy. Patient has recent diagnosis of Rhabdomyolysis.

Nursing Interventions

- Use therapeutic communication and plan interventions based off the patient's pain scale rating
- Use identifiers
- Educate on current influences related to BM.
- Assess patient's pain at regular intervals
- Assess neurovascular status at regular intervals
- Involve significant other in education