

**Nursing Diagnosis:**

Risk for infection related to adrenalectomy

**Expected Outcome:**

No infection will occur.  
Incision will stay clean and dry throughout shift.

**Interventions:**

1. Keep skin dry and free from moisture
2. Regularly change dressing so there is no chance for bacteria to form
3. Monitor vitals to check for any signs of infection
4. Inform patient on procedures to keep free from infection such as regular hand washing and proper dressing changes.

**Evaluation:**

Goal was met as patient remained free from infection till the end of shift

**Nursing Diagnosis:**

Impaired knowledge deficit

**Expected Outcome:**

Patient will understand the importance of incentive spirometry as well as post surgical care by end of shift.

**Interventions:**

1. Inform patient on importance of incentive spirometer and how it can prevent pneumonia.
2. Show patient how to use spirometer correctly and have them demonstrate.
3. Inform patient on importance of keeping wound clean and dry to prevent infection.

**Past Medical History:**

- Tonsillectomy
- Smoker

**Nursing Diagnosis:**

Risk for abnormal lab results due to adrenalectomy.

**Expected Outcome:**

Aldosterone and cortisol levels will stay within normal limits through entire shift.

**Interventions:**

1. Continuous monitor of lab results to make sure they are within normal limits
2. Check for flushing, mood swings, muscle weakness, and skin changes for cortisol levels.
3. Check for fatigue, excessive thirst, frequent urination, and weakness for aldosterone levels.
4. Patient is informed to ring call bell if any abnormal symptoms appear.

**Evaluation:**

Goal was met as patient lab results remained in normal limits by end of shift.

**Nursing Diagnosis:**

Pain in shoulder and back related to adrenalectomy.

**Expected Outcome:**

Patient will have reduced pain levels by the end of the shift.

**Interventions:**

1. Give pain medication as indicated in chart.
2. Patient education on alternative pain relief methods.
3. Provide neck and shoulder massage to help patient relieve some pain.
4. Continue to check pain levels throughout the day.

**Medical Diagnosis:**

Removal of left adrenal mass (adrenalectomy)

**Diagnostic Tests and results:**

Labs: Hgb- 13.2 Hct- 37% WBC- 9.96 RBC- 4.19 Glucose- 166 Na- 140 K- 3.8 Cl- 107 Ca- 8.7 BUN- 21 Creatinine- 0.74

V/S: BP 158/77 HR 58 O2 Sat 98% Temp 98.7 F RR 18

**Assessment:**

Patient presented with pain, high glucose levels, sweating, and high blood pressure.

Patient had removal of mass and left adrenal gland and is now on 2nd day post op.

**Medications:**

Morphine 2 mg IV push every 15 min 3x only PRN

Ondansetron 4 mg IV push once PRN for nausea

Oxycodone IR 5 mg oral every 6 hours PRN for severe pain

Acetaminophen tablet 650 mg oral every 6 hrs

Enoxaparin 40 mg subcutaneous every 24 hrs

Bupivacaine liposome 1.3% 20 ml local injection once

Potassium chloride powder 20 ml oral once