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 NUR 292 Clinical
 4/01/22

Assessment	Diagnosis	Inference	Planning	Intervention	Rationale	Evaluation
<p>Subjective</p> <p>Patient complains of tingling in right arm that happened suddenly</p> <p>Patient complains of shortness of breath after walking a short distance to the bathroom</p> <p>Objective Data</p> <p>Blood Pressure readings of 170/89</p> <p>Heart beat of 110 a minute</p>	<p>Fluid volume excess related to high levels of sodium and chronic hypertension as evidenced by blood pressure of 170/89 and peripheral edema</p>	<p>Hypervolemia is a condition where the body stores high levels of fluid in the tissues. It can be caused by a high intake of sodium, renal and cardiovascular insufficiency. Symptoms of weight gain, swelling and shortness of breath are present</p>	<p>Start the patient on a low sodium diet</p> <p>Start patient on a diuretic</p> <p>Provide education on following a adequate fluid restriction plan</p> <p>Provide compression stockings</p>	<p>Elevate the legs of the patient and encourage ambulation if tolerated</p> <p>Check void output after 2 hours</p> <p>Monitor vital signs</p> <p>Administer prescribed diuretic</p>	<p>Elevating legs will help return fluid back to the heart and prevent swelling of the legs</p> <p>Monitoring intake and output would give a good idea on the main source of fluid excess</p> <p>Oral Diuretics work to increase excretion of sodium and water, this will help lower the amount of fluids trapped in the tissues</p>	<p>After 2 hours of administering furosemide, patient was able to void 375ml of clear yellow urine</p> <p>Patient was able to create a sample diet to follow that included low sodium foods</p> <p>Patient's blood pressure was 124/82 after</p>

Swelling present in the patient's right arm, pitting edema 2+						
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