

## Assessment Findings

### **Objective findings:**

**BP:** 100/65

**HR:** 100 BPM

**O2:** 98% with 2L O2 via nasal cannula

**RR:** 12

**Temp:** 98.0

**Sputum Culture:** Positive for Streptococcus pneumoniae. (Testing 2021)

**X-Ray:** Indicates b/l pneumonia. (Testing 2021)

**Lung Sounds:** crackling and rales (Testing 2021)

### **Past Medical Hx:**

- COPD
- Breast Cancer
- Mastectomy
- Appendectomy
- HTN

### **Assessment:**

Patient is a 65-year-old woman who weighs 130lbs and was admitted to the ER after an episode of sharp pain in her chest, signs of cyanosis, and a fever of 102 °F. Patient is unvaccinated from pneumonia. Possible exposure to disease in assisted living home where patient resides. Patient reported lack of sleep, inadequate nutrition, weakened immune system r/t COPD (ALA 2023). At risk for anaphylaxis r/t sulfa-based medications and Advil allergy. Patient reports of smoking and drinking daily. Patient reports of living sedentary life. Patient reports of eating fast food one-two times a day. Patient reports of fatigue, shortness of breath, angina, and loss of energy. Patient is A/O x 3 and needs assistance to ambulate. (ALA 2023)

## Interventions

- 600 mg Ibuprofen for fever (IBM Microdex 2023)
- Warm fluid intake of 1,800 mL/day
- Educate patient on importance of a balanced diet and exercise.
- Educate patient on importance hand hygiene.
- Educate patient on pneumonia vaccine and administer if patient complies.
- Use of incentive spirometer every 1-2 hours daily. (Medline Plus 2023)
- Create trusting nurse-patient and family relationship to improve quality of care.
- Educate patients family on ways they can sustain health and prevent a relapse.
- Educate patient on the importance of exercise.
- Begin oxygen therapy as needed.

## **Pneumonia**

## Expected Outcomes

Patient will be able to:

- Verbalize the importance of being vaccinated against pneumonia 15 minutes after being taught. (ALA 2023)
- Verbalize the importance of hand hygiene and demonstrate how correct hygiene is performed 15 minutes after being taught. (ALA 2023)
- Identify when to contact PCP during discharge.
- Comply to treatment program to stabilize breathing, consciousness, and re-gain strength.
- Walk down the hallway after 2 weeks of committing to physical therapy and treatment.
- Get off O2 therapy in 1 week.
- Maintain adequate nutritional intake for the duration of stay and after discharge.

## Evaluation

- After 2 hours of Ibuprofen 600mg intake, patient reports of feeling less overheated from fever and fever is controlled.
- After 1 week of implementing interventions, patient reports
- Patient complies to pneumonia vaccine and is now vaccinated.
- After implementation of medications, diet, and exercise patient can come off oxygen therapy after 1.5 weeks of commitment to these interventions.

### Resources:

1. Association, A. L. (n.d.). *Pneumonia symptoms and diagnosis*. American Lung Association. Retrieved March 1, 2023, from <https://www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/symptoms-and-diagnosis#:~:text=Your%20doctor%20will%20listen%20to,rumbling%20sounds%20when%20you%20inhale.>
2. *Pneumonia testing*. Testing.com. (2021, November 12). Retrieved March 1, 2023, from <https://www.testing.com/pneumonia-testing/>
3. Mayo Foundation for Medical Education and Research. (2023, February 1). *Ibuprofen (oral route) proper use*. Mayo Clinic. Retrieved March 2, 2023, from <https://www.mayoclinic.org/drugs-supplements/ibuprofen-oral-route/proper-use/drg-20070602#:~:text=For%20fever%20lower%20than%20102.5,mg%20per%20kg%20per%20day.>
4. U.S. National Library of Medicine. (n.d.). *Using an incentive spirometer: Medlineplus medical encyclopedia*. MedlinePlus. Retrieved March 2, 2023, from <https://medlineplus.gov/ency/patientinstructions/000451.htm#:~:text=By%20using%20the%20incentive%20spirometer,mouthpiece%20spirometer%20in%20your%20mouth.>