

Nyack College SON- Concept Map

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Past Medical History

- Eczema
- Obesity
- Bipolar Disorder
- Constipation

Nursing Dx: Obesity

Expected Outcome: Pt will verbalize and demonstrate understanding of nutrition requirements within 8 hours.

Nursing Dx: Constipation

Expected Outcome: Pt will have at least 1 bowel movement during shift.

Interventions

- Encourage fluids by 1.5-2L every 24h.
- Encourage patient to ambulate.
- Provide laxatives (Miralax)
- Encourage dietary fiber from breakfast tray.

Evaluation- Pt was able to move bowels within 8-hour shift.

Nursing Dx: Bathing self-care deficit

Expected Outcome: pt will bathe once during 8-hour shift.

Interventions

- Encourage bathing by making it enjoyable for patient.
- Ask patient how he enjoys showering.
- Educate patient on the importance of hygiene.
- Provide patient with options between a bed bath or shower bath.

Evaluation- Goal was not met, patient refused to shower within 8 hours.

Medical Diagnosis & Assessment

Medications

- Mirilax
- Thorazine

Nursing Dx: Impaired Social Interaction

Expected Outcome: Patient will allow assessment and will not harm self, family or staff during the shift.

Interventions

- Pt will be put on a caloric deficit of 500kcal a day.
- Encourage activity, walking on the unit, playing and participating in group activities.
- Educate patient on the importance of nutrition.
- Have patient write favorite healthy food choices and encourage consumption.

Evaluation- Patient successfully listed favorite healthy foods and verbalized importance of nutrition.

Interventions

- Interact with the patient when on a 1:1.
- Listen to patient needs and subjective feelings and communicate on an age-appropriate level.
- Refer client to a social worker.
- Administer antipsychotic medication (Thorazine) as prescribed.

Evaluation- Patient allowed physical assessment to be done and refrained from using violence as a coping mechanism during the shift.