

Nursing care Plan

1. **CLIENT PROFILE:**

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| --- | --- | --- | --- | --- | --- |
| Client Initials: | I.H | Date of Admission: 19/05/2022 |  | Gender: Male |  |
| Age: 74y |  | Date(s) of Care: 20/5/2022 |  | Weight/ Height: 80Kg/170cm |  |

1. **Current Surgery with date:** Gastroscopy.
2. **Admitting Dx:** Upper GI Bleeding.

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| --- | --- | --- | --- |
| **VS this shift (A)** | BP: 119/63mmHg | T: 36.3C | SPO2: 90% |
|  | P: 63bpm | Pain score: 4 | RR: 14bpm |

1. **Diet:** Foods that have a lot of iron, these include: red meat, fish, poultry, and eggs. They also include beans, raisins, whole-grain breads, and leafy green vegetables.

# **Location of IV Site(s):** metacarpal area.

# **IV Solution(s) and Rates:** No fluid.

1. **Allergies:** NKDA.
2. **PERTINENT LABS & DIAGNOSTIC TESTING:**

CBC (Q shifts), Serum, Kidney function test, Troponin-1.

1. **MEDICATIONS:**

|  |  |  |  |
| --- | --- | --- | --- |
| Medications (Trade & Generic) | \*Dose  \*Route  \*Time  \*Frequency | Client Specific Rationale/ Mechanism of Action | Common Side Effects |
| 1-Cadex  (Doxazosin) | CADEX 2mg Orally (tablets) 1\*1  10pm | -Doxazosin is used alone or with other drugs to treat hypertension. Lowering high blood pressure helps prevent strokes, heart attacks, and kidney problems. This medication works by relaxing blood vessels so blood can flow more easily. Is also used in men to treat the symptoms of an enlarged prostate (benign prostatic hyperplasia-BPH).  - Doxazosin belongs to a class of drugs known as alpha blockers, selectively inhibits the postsynaptic alpha-1 receptors on vascular smooth muscle by nonselective blocking the alpha-1a, alpha-1b, and alpha-1d subtypes. This action on blood vessels decreases systemic peripheral vascular resistance, reducing blood pressure, exerting minimal effects on the heart rate due to its receptor selectivity. | Blurred vision, dizziness, faintness, or lightheadedness when getting up from a lying or sitting position, fainting (sudden), fast and pounding heartbeat, irregular heartbeat, shortness of breath, swelling of feet or lower legs. |
| 2- Coumadin  (Warfarin sodium) | COUMADINE 7.5mg Orally (tablets) 1\*1  6pm | -Is used to prevent blood clots from forming or growing larger in your blood and blood vessels. It is prescribed for people with certain types of irregular heartbeat, people with prosthetic (replacement or mechanical) heart valves, and people who have suffered a heart attack.  -Warfarin competitively inhibits the vitamin K epoxide reductase complex 1 (VKORC1), an essential enzyme for activating the vitamin K available in the body. Through this mechanism, warfarin can deplete functional vitamin K reserves and thereby reduce the synthesis of active clotting factors. | Severe bleeding, including heavier than usual menstrual bleeding, red or brown urine, black or bloody stool, severe headache or stomach pain, joint pain, discomfort or swelling, especially after an injury, vomiting of blood or material that looks like coffee grounds, coughing up blood, bruising that develops without a remembered injury, dizziness or weakness, vision changes, head injury, even without bleeding. |
| 3- Arevent (Ipratropium). | AREVENT Nebulizer 1\*4  6, 12, 6, 12. | -Ipratropium is used to control and prevent symptoms (wheezing and shortness of breath) caused by ongoing lung disease (COPD which includes bronchitis and emphysema).  -Acts as an antagonist of the muscarinic acetylcholine receptor. This effect produces the inhibition of the parasympathetic nervous system in the airways and hence, inhibit their function. The function of the parasympathetic system in the airway is to generate bronchial secretions and constriction and hence, the inhibition of this action can lead to bronchodilation and fewer secretions. At the cellular level, the diameter of the airways is controlled by the release of acetylcholine into the muscle cells causing them to contract and producing a narrow airway. Thus, administration of ipratropium stops the activity of acetylcholine in the smooth muscle preventing the contraction and producing relaxed airways. | Headache, dry mouth, hoarseness, cough, stuffy nose, sinus pain, nausea, upset stomach, constipation, back pain, fever, chills, body aches, flu symptoms, blurred vision, and dizziness. |
| 4-Glycerin  (Glycerin) | GLYCERIN 4g Suppository 1\*2  12, 12 | -  - When administered rectally, glycerin exerts a hygroscopic and/or local irritant action, drawing water from the tissues into the feces and reflexively stimulating evacuation. Glycerin decreases intraocular pressure by creating an osmotic gradient between the blood and intraocular fluid, causing fluid to move out of the aqueous and vitreous humors into the bloodstream. | Excessive bowel activity, cramping, rectal irritation, cramping rectal pain. |
| 5-Budecort  (Budesonide) | BUDECORT Nebulizer 1\*2  6am, 6pm | -Is used to control and prevent symptoms (wheezing and shortness of breath) caused by asthma. It works directly in the lungs to make breathing easier by reducing the irritation and swelling of the airways.  -The short-term effects of corticosteroids are decreased vasodilation and permeability of capillaries, as well as decreased leukocyte migration to sites of inflammation. Corticosteroids binding to the glucocorticoid receptor mediates changes in gene expression that lead to multiple downstream effects over hours to days.  Lower doses of corticosteroids provide an anti-inflammatory effect, while higher doses are immunosuppressive. High doses of glucocorticoids for an extended period bind to the mineralocorticoid receptor, raising sodium levels and decreasing potassium levels. | Body aches, chills, congestion, cough, diarrhea, dryness or soreness of the throat, fever, general feeling of discomfort, headache, hoarseness, joint pain, loss of appetite, muscle pains, pain around the eyes and cheekbones, shivering, shortness of breath, stuffy or runny nose, sweating, tender swollen glands in the neck, tightness of the chest or wheezing, trouble with sleeping and swallowing, nausea and vomiting. |
| 6-Tavanic | TAVANIC 500mg IV 1\*1  12MD | -Levofloxacin is used to treat a variety of bacterial infections. This medication belongs to a class of drugs known as quinolone antibiotics. It works by stopping the growth of bacteria. This antibiotic treats only bacterial infections.  -Levofloxacin, exerts its antimicrobial activity via the inhibition of two key bacterial enzymes: DNA gyrase and topoisomerase IV. Both targets are type II topoisomerases, but have unique functions within the bacterial cell. | Nausea, headache, diarrhea, insomnia (trouble sleeping), constipation, dizziness. |
| 7-Pantovir  (Pantoprazole) | PANTOVIR 40mg IV 1\*2  12, 12 | -Reduces the amount of acid produced in the stomach. It is used for treating acid-related diseases of the stomach and intestine such as acid reflux, indigestion, peptic ulcer disease, and some other stomach conditions associated with excessive acid production.  -Proton pump inhibitors such as pantoprazole, which accumulate in the acidic space of the parietal cell before being converted in the canaliculi (small canal) of the gastric parietal cell, an acidic environment, to active sulfenamide derivatives. This active form then makes disulfide bonds with important cysteines on the gastric acid pump, inhibiting its function. Specifically, pantoprazole binds to the sulfhydryl group of H+, K+-ATPase, which is an enzyme implicated in accelerating the final step in the acid secretion pathway. The enzyme is inactivated, inhibiting gastric acid secretion. The inhibition of gastric acid secretion is stronger with proton pump inhibitors such as pantoprazole and lasts longer than with the H (2) antagonists | Nausea, vomiting, headache, dizziness, flatulence, diarrhea, and stomach pain. |
| 8-Lasix  (Furosemide) | LASIX 40mg IV push (slowly) 1\*1  6pm | -Reduce extra fluid in the body (edema) caused by conditions such as heart failure, liver disease, and kidney disease. This can lessen symptoms such as shortness of breath and swelling in your arms, legs, and abdomen. This drug is also used to treat high blood pressure.  - Manages hypertension and edema associated with CHF, cirrhosis, and renal disease, including the nephrotic syndrome. Furosemide is a potent loop diuretic that works to increase the excretion of Na+ and water by the kidneys by inhibiting their reabsorption from the proximal and distal tubules, as well as the loop of Henle. It works directly acts on the cells of the nephron and indirectly modifies the content of the renal filtrate. Ultimately, furosemide increases the urine output by the kidney. Protein-bound furosemide is delivered to its site of action in the kidneys and secreted via active secretion by nonspecific organic transporters expressed at the luminal site of action.  Furosemide exerts direct vasodilatory effects, which results in its therapeutic effectiveness in the treatment of acute pulmonary edema. Vasodilation leads to reduced responsiveness to vasoconstrictors, such as angiotensin II and noradrenaline, and decreased production of endogenous natriuretic hormones with vasoconstricting properties. It also leads to increased production of prostaglandins with vasodilating properties. Furosemide may also open potassium channels in resistance arteries. The main mechanism of action of furosemide is independent of its inhibitory effect on carbonic anhydrase and aldosterone. | Diarrhea, constipation, loss of appetite, numbness or tingling. headache, dizziness, or blurred vision. |
| 9-Clexane  (Enoxaparin sodium) | CLEXANE 80mg SC 1\*2  6am, 6pm | -Stops unwanted blood clots from forming and can stop any blood clots that have already formed from growing bigger. Clexane does NOT break down blood clots that have already formed. Clexane acts as a roadblock, interfering with how the process of blood clotting occurs.  -Enoxaparin binds to antithrombin III, a serine protease inhibitor, forming a complex that irreversibly inactivates factor Xa, which is frequently used to monitor anticoagulation in the clinical setting. Following factor Xa inactivation, enoxaparin is released and binds to other anti-thrombin molecules. Factor IIa (thrombin) is directly inhibited by enoxaparin, however with less potency than unfractionated heparin (UFH). Due to the cascade of effects resulting from enoxaparin binding, thrombin is unable to convert fibrinogen to fibrin and form a clot, preventing thromboembolic events | Bleeding, anemia, thrombocytopenia, elevation of serum aminotransferase, diarrhea, and nausea. |
| 10-Rocephin  (Ceftriaxone) | ROCEPHIN 2g IV 1\*1  12MD | -It works by fighting bacteria in your body. Rocephin is used to treat many kinds of bacterial infections, including severe or life-threatening forms such as E. coli, pneumonia, or meningitis. Rocephin is also used to prevent infection in people having certain types of surgery.  -Ceftriaxone works by inhibiting the mucopeptide synthesis in the bacterial cell wall. The beta-lactam moiety of ceftriaxone binds to carboxypeptidases, endopeptidases, and transpeptidases in the bacterial cytoplasmic membrane. These enzymes are involved in cell-wall synthesis and cell division. Binding of ceftriaxone to these enzymes causes the enzyme to lose activity; therefore, the bacteria produce defective cell walls, causing cell death. | Symptoms of a blood cell disorder, diarrhea, vaginal itching or discharge, warmth, tight feeling, or a hard lump where the injection was given, rash, abnormal liver function tests. |
| 11-Hydrocortison  (Hydrocortisone sodium) | HYDROCORTISON 50mg IV 1\*2  12, 12 | -As an anti-inflammatory medication. Hydrocortisone relieves inflammation in various parts of the body. To treat or prevent allergic reactions. As treatment of certain kinds of autoimmune diseases, skin conditions, asthma and other lung conditions.  - The short-term effects of corticosteroids are decreased vasodilation and permeability of capillaries, as well as decreased leukocyte migration to sites of inflammation. Corticosteroids binding to the glucocorticoid receptor mediates changes in gene expression that lead to multiple downstream effects over hours to days. | Feeling dizzy, headaches, swollen ankles and feeling weak or tired. |

1. **NURSING CARE PLAN:**

DIAGNOSIS LIST:

- Fluid volume deficit.

- Acute pain.

- Fatigue secondary to UGIB.

- Risk for deficit knowledge.

- Risk for anxiety.

1. **DIAGNOSIS#1:**

Acute pain r/t disease process.

**INTERVENTIONS:**

1. Assess pain, quality, location, duration and intensity (0-10 scale).
2. Administer as needed pain medications (non-NSAID) for pain relief before it becomes severe.
3. Assess the patient’s vital signs and characteristics of pain at least 30 minutes after administration of medication.

**RATIONALE:**

1. To perform pain assessment.
2. Medications such as Tylenol have been shown to help with pain, NSAIDs may be administered in conjunction with opioids.
3. To monitor effectiveness of medical treatment for the relief of pain.

**EVALUATION:**

It is expected that the patient's pain will disappear

1. **DIAGNOSIS#2:**

Risk for fluid volume deficit r/t blood loss.

**INTERVENTIONS:**

1. Transfuse packed red blood cells.
2. Assess vital signs, particularly blood pressure level.
3. Administer of IV fluids.

**RATIONALE:**

1. To increase hemoglobin so that the bleeding can be controlled.
2. Hypovolemia that resulting from GI bleeding may lower blood pressure levels and expose the patient to the risk of hypotensive episodes that lead to shock.
3. Fluid administration will correct hypovolemia and increased blood pressure.

**EVALUATION:**

His Hb will increase, a balance of fluids will occur in the patient's body and the fluid volume will be maintained, his blood pressure will raise.

1. **DIAGNOSIS#3:**

Risk of fatigue r/t low hemoglobin levels.

**INTERVENTIONS:**

1. Knowing the main cause of patient fatigue
2. Determining the patient's ability to perform daily tasks to know the stage of fatigue.
3. Encouraging the patient to get enough rest and good sleep, and to stay away from any work that causes fatigue.

**RATIONALE:**

1. The patient's hemoglobin level is 11 g/dL, and this causes fatigue.
2. Fatigue makes the patient unable to carry out her daily activities, and this helps determine how much help he or she needs.
3. To reduce fatigue.

**EVALUATION:**

If his Hb increase so the fatigue will gradually decrease, if the fatigue is gone, he will be more active and can do his daily activities.

1. NURSING NOTE:

Pt. received in bed in semi-fowler position, morning care done, conscious and oriented \*3, pain 4, sleep will, dressing cannula done, VS and SS taken and record, CBC taken and sent to lab, simple insulin and medications given. ------Y.abulayya.

* **References:**

<https://go.drugbank.com/drugs>

<https://nurseship.com/nursing-care-plan-for-upper-gi-bleed/>

<https://nursestudy.net/gi-bleed-nursing-diagnosis/?fbclid=IwAR3Vf2hxl-oB51Sv_H_vdAxaQYwRrC5B6h39RMlgMLCrDn27IdmBUbCsCRs>

Nursing care plan books.