

Nursing care Plan

1. **CLIENT PROFILE:**

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| --- | --- | --- | --- | --- | --- |
| Client Initials: | T.M | Date of Admission: 12/05/2022 |  | Gender: Female |  |
| Age: 40y |  | Date(s) of Care: 12/5/2022 |  | Weight/ Height: 60Kg/164cm |  |

1. **Current Surgery with date:** Past surgical history: 2 times ovarian cysts removal.
2. **Admitting Dx:** pneumonia.

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| --- | --- | --- | --- |
| **VS this shift (A)** | BP: 153/80mmHg | T: 36.3C | SPO2: 95% |
|  | P: 91bpm | Pain score: 2/10 | RR: 15bpm |

1. **Diet:** Avoid eating white bread, white rice, foods rich in saturated fats, cholesterol, trans fats, sugary drinks, sweets, sodium, and red meat. Intake of carbohydrates from fruits, vegetables, whole grains, legumes, fish, poultry, white meat, nuts, and free or low-fat milk. (She has DM, HTN, Asthma).

# **Location of IV Site(s):** right hand in the median cubital vein.

# **IV Solution(s) and Rates:** NS 0.9% 500ml, 1 Bott Q6h, 27.7gtt.

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

CBC, ABGs, Kidney function test, Serum, Chest CT, Urine analysis, RBS.

1. **MEDICATIONS:**

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| --- | --- | --- | --- |
| Medications (Trade & Generic) | \*Dose\*Route\*Time\*Frequency | Client Specific Rationale/ Mechanism of Action | Common Side Effects |
| 1-Arevent (Ipratropium)(DrugBank, 2022) | AREVENT Nebulizer 1\*46, 12, 6, 12. | -Ipratropium is used to control and prevent symptoms (wheezing and SOB) caused by ongoing lung disease (COPD which includes bronchitis and emphysema). -Acts as an antagonist of the muscarinic acetylcholine receptor.  | 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. |
| 2-Amicor(Aminocaproic acid)(DrugBank, Aminocaproic acid, 2022) | AMICOR 5mg PO 1\*1 6pm | -Is used to help control bleeding due to a condition where your blood doesn't clot the way it normally should (fibrinolysis). This may cause serious bleeding after certain surgeries or in certain conditions (such as bleeding disorders, liver disease, cancer).-Aminocaproic acid binds reversibly to the Kringle domain of plasminogen and blocks the binding of plasminogen to fibrin and its activation to plasmin.  | Headache, stomach pain, loss of appetite, nausea, vomiting, diarrhea, unusual tiredness, dizziness, stuffy nose, or watery eyes may occur. |
| 3-Levox(Levofloxacin)(Bank, 2022) | LEVOX 750mg PO1\*112MD | -Levofloxacin is used to treat a variety of bacterial infections. -Levofloxacin, exerts its antimicrobial activity via the inhibition of two key bacterial enzymes: DNA gyrase and topoisomerase IV.  | Nausea, vomiting, diarrhea, stomach pain, constipation, heartburn, vaginal itching and/or discharge. |
| 4- Predny tab(Prednisone)(bank D. , 2022) | PREDNY 50mg PO 1\*16pm | -It works to treat patients with low levels of corticosteroids by replacing steroids that are normally produced naturally by the body. It works to treat other conditions by reducing swelling and redness and by changing the way the immune system works.-The short-term effects of corticosteroids are decreased vasodilation and permeability of capillaries, as well as decreased leukocyte migration to sites of inflammation.  | Headache, dizziness, difficulty falling asleep or staying asleep, inappropriate happiness, extreme changes in mood, changes in personality, bulging eyes, acne. |
| 5-Rocephin(Ceftriaxone)(Bank, Ceftriaxone, 2022) | ROCEPHIN 2g IV 1\*112MD | -It works by fighting bacteria in your body. Rocephin is used to treat many kinds of bacterial infections. 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. | 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. |
| 6-Perfalgan(Acetaminophen)(Bank, Propacetamol, 2021) | PERFALGAN 1g IV 1\*36, 12, 10 | -Perfalgan is indicated for the short-term treatment of moderate pain, especially following surgery and for the short-term treatment of fever, when administration by intravenous route is clinically justified by an urgent need to treat pain or hyperthermia and/or when other routes of administration are not possible.- Inhibition of prostaglandin synthesis. This inhibition is attained by inhibition of COX-1 and COX-2 in an environment where arachidonic acid and peroxides are kept low. | Nausea or vomiting, weakness, bloody and cloudy urine, dizziness, sleeplessness, constipation, skin rash, pain at the injection site. |
| 7-Famotidine(Pepcid)(Bank, Famotidine, 2022) | FAMOTIDINE 20mg IV 1\*16pm | -Is used to prevent and treat heartburn due to acid indigestion and sour stomach caused by eating or drinking certain foods or drinks. -Famotidine works on H2 receptors and blocks the actions of histamine. | Headache, dizziness, constipation or diarrhea. |
| 8-NPHNeutral Protamine Hagedorn (NPH) insulin, also known as isophane insulin(Bank, Insulin human, 2022) | NPH 8IU SC 1\*16pm | -An intermediate-acting insulin used in the treatment of diabetes mellitus. NPH (neutral protamine Hagedorn) insulin lowers blood glucose within 1 to 2 hours after administration.-The primary activity of insulin is the regulation of glucose metabolism. Insulin promotes glucose and amino acid uptake into muscle and adipose tissues, and other tissues except brain and liver. It also has an anabolic role in stimulating glycogen, fatty acid, and protein synthesis. | Low blood sugar, weight gain, swelling in your hands or feet, itching, mild skin rash, thickening or hollowing of the skin where you injected the medicine. |

1. **NURSING CARE PLAN:**

DIAGNOSIS LIST:

- Ineffective airway clearance.

- Impaired gas exchange.

- Ineffective breathing pattern.

- Risk for infection.

- Hyperthermia.

- Deficient Fluid Volume.

- Acute pain.

(NurseStudy.Net, 2022)

(Nurseslabs, 2022)

1. **DIAGNOSIS#1:**

Hyperthermia r/t the disease process as evidenced by flushed skin, and profuse sweating, increase pulse gradually.

**INTERVENTIONS:**

1. Give her the antibiotic and anti-pyretic medications.
2. Monitor patient VS.
3. Encourage the patient to drink plenty of water.

**RATIONALE:**

1. To treat the pneumonia, which is the cause of the high temperature. And to treat high fever through these medicines.
2. For example: a high pulse may be a sign of a high temperature.
3. Drinking water has a role in the secretion of sweat, which in turn lowers the body temperature.

**EVALUATION:**

After all these interventions, the temperature is expected to decrease until it returns to the normal level and its condition will improve, and the pulse will return to its normal state.

1. **DIAGNOSIS#2:**

Ineffective airway clearance r/t increased sputum production in response to respiratory infection.

**INTERVENTIONS:**

1. Assess cough effectiveness and productivity.
2. Observe the characteristics of sputum: color, viscosity, and odor, and report any changes.
3. Monitor O2 saturation.

**RATIONALE:**

1. Coughing is one of the most effective ways to remove secretions that may be caused by pneumonia
2. Changes in the color (discolored) it’s a sign of infection, thick, tenacious, or has an odor may increase airway resistance and the work of breathing.
3. To increase the oxygen level.

**EVALUATION:**

And because her oxygen level decreased to 85% after removing it and going to the bathroom, its level was raised from 4 liters to 9 liters until the return of SpO2 to 95%, so after all these interventions, the patient's condition will improve and she will become more able to breathe, and her respiratory tract It will be clean and virtually free of irritating phlegm.

1. **DIAGNOSIS#3:**

Ineffective Breathing Pattern.

**INTERVENTIONS:**

1. Administer oxygen as prescribed.
2. Change patient position to sitting position.
3. Monitor VS especially the RR and its characteristics.

**RATIONALE:**

1. The oxygen supply keeps oxygen saturation within the normal range, and gives the patient relief.
2. This gives the lungs a good ability to expand and contract (lung excursion and chest expansion) during the breathing process, and helps release secretions.
3. To maintain a normal respiratory rate in the person.

**EVALUATION:**

It is expected that the patient's condition will become much better, and her breathing will improve and will not be disturbed, and her breathing rate will return to normal.

1. NURSING NOTE:

Pt. received in bed in supine position, morning care done, Pt. conscious and oriented \*4, pain 2, sleep will, dressing cannula done and functioning well, VS and SS taken and recorded, medications and 2-unit RBCs given, on IV fluid (NS 0.9%) 27.7gtt, is given, on nasal cannula at 4L then raise it to 9L. Follow diet free of sugar that raise glucose, full ROM and walk regularly. -------------------Y. abulayya

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