Comprehensive Nursing Assessment Template

Patient Information

Name: Kyrie Cox

Age: 45

Gender: Female

Date of Admission: 2024-01-17

Medical Record Number: 123456

Allergies: None reported

Primary Language: English

Next of Kin/Contact Person: John Cox (spouse)

Emergency Contact: John Cox (spouse)

Vital Signs

Temperature: 98.6°F

Pulse: 72 bpm

Respiratory Rate: 18 breaths per minute

Blood Pressure: 120/80 mmHg

Oxygen Saturation: 98%

General Health Assessment

A. Health History

1. **Presenting Complaint:** Chest pain and shortness of breath.
2. **Past Medical History:**
   " Hypertension
   " Type 2 Diabetes Mellitus
   " Appendectomy (20 years ago)
3. **Family Medical History:**
   " Father: Hypertension
   " Mother: Type 2 Diabetes Mellitus
4. **Social History:**
   " Lives with spouse, no children
   " Office job, sedentary lifestyle
   " Non-smoker, occasional alcohol use
5. **Psychosocial History:**
   " Reports stress related to work
   " Coping mechanisms: Reading, watching movies

B. Physical Assessment

1. **Head-to-Toe Assessment:**
   " Skin integrity: Warm and dry, no lesions
   " Head and neck: Normocephalic, no tenderness
   " Respiratory system: Breath sounds clear, no wheezing
   " Cardiovascular system: Regular rhythm, no murmurs
   " Gastrointestinal system: Bowel sounds present in all quadrants
   " Musculoskeletal system: Full range of motion, no joint swelling
2. **Pain Assessment:**
   " Location: Substernal chest pain radiating to the left arm
   " Intensity: 6/10 on the pain scale
   " Quality: Pressure-like
   " Onset and duration: Began 2 hours ago, intermittent
   " Aggravating or alleviating factors: Aggravated by exertion, alleviated by rest

Nursing Diagnoses

1. **Risk for** Cardiovascular Complications related t**:**
   - Rationale Patient has a history of hypertension and reports chest pain.
   - Interventions Continuous cardiac monitoring, administer nitroglycerin as prescr
2. **Impaired** [functional health pattern] **:**
   - Rationale Elevated blood glucose levels.
   - Interventions Administer prescribed insulin, monitor blood glucose levels.
3. **Potential for** Anxiety related to chest pain and hospi**:**
   - Rationale Patient reports stress at work.
   - Interventions Provide emotional support, teach relaxation techniques.

Nursing Interventions

1. **Medication Administration:**
   - Name of medication Nitroglycerin
   - Dosage 0.4 mg
   - Route every 5 minutes
   - Frequency as much as needed
   - Purpose for chest pain
2. **Patient Education:**
   " Explanation of chest pain management and use of nitroglycerin.
   " Diabetes self-management, including insulin administration.
   " Stress management techniques.
3. **Monitoring and Evaluation:**
   " Continuous cardiac monitoring.
   " Blood pressure and pain level assessments every 4 hours.
   " Blood glucose monitoring every 6 hours.

Care Plan

1. **Goals:**
   - Short-term goals: Relieve chest pain within 30 minutes of nitroglycerin administration.
   - Long-term goals: Achieve and maintain blood glucose levels within target range.
2. **Interventions:**
   " Administer medications as prescribed.
   " Monitor vital signs and symptoms.
   " Collaborate with the healthcare team for further diagnostic tests.

Discharge Planning

1. **Home Care Instructions:**
   " Take prescribed medications as directed.
   " Follow a heart-healthy diet and monitor blood glucose levels.
   " Schedule a follow-up appointment with the primary care physician.
2. **Follow-Up Appointments:**
   " Follow-up with the cardiologist in 1 week. " Schedule a diabetes education s
3. **Community Resources:**
   " Provide information on local support groups for diabetes management.
   " Recommend cardiac rehabilitation programs.

Documentation

Date and Time: 2024-01-17, 14:30

Assessment Findings:
Chest pain, elevated blood glucose, normal vital signs.

Nursing Interventions:
Administered nitroglycerin, lisinopril, and metformin.

Response to Interventions:
Chest pain reduced after nitroglycerin.

Collaboration with Other Healthcare Providers:
Consulted with cardiologist for further evaluation.

Patient and Family Education:
Discussed medication regimen, chest pain management, and diabetes self-care.

Discharge Planning:
Provided instructions for home care and follow-up appointments.