Nurse Brain Sheet

Patient information	
Name: Sarah Martinez	**Date of birth:** March 15, 1962
Room number: 415-A	**Sex:** F
Emergency contact: Michael Martinez (son)	
Contact information: (555) 123-4567	**Admission date:** November 2, 2024
Address: 1234 Oak Street, Springfield, IL 62701	

Patient background

Chief complaint/admission reason:

Acute exacerbation of COPD with respiratory distress

Allergies:

Penicillin (hives), Sulfa drugs (rash)

Mobility:

- ○ Independent
- ● Needs assistance
- ○ Bedrest

Code:

- ● Full
- ○ DNR
- ○ Limited

Situation:

- ● Fall risk
- ○ Restraints
- ○ Confused
- ○ Aspiration
- ○ Suicide

Precaution:

- ○ None
- ○ Contact
- ● Droplet
- ○ Seizure
- ○ Airborne

Diet:

- ● Oral
- ○ NPO
- ○ Liquid
- ○ Tube feed

Vital signs	
Temperature: 37.8°C	**Blood pressure:** 142/88
Heart rate: 92	**Respiratory rate:** 24
SPO2: 93% on 2L NC	

Assessment
Diagnosis: Primary: Acute COPD exacerbation; Secondary: Hypertension, Type 2 Diabetes
Test/procedures conducted:
CXR: Showed hyperinflation ABG: pH 7.35, pCO2 48, pO2 65 Spirometry pending
Laboratory:
WBC: 12.4 K+: 3.8 BG: 142 Pending sputum culture
Neurological:
Alert and oriented x3, follows commands, moves all extremities equally
Cardiovascular:
Regular rate and rhythm, no murmurs, +2 peripheral pulses, mild peripheral edema
Respiratory:
Diminished breath sounds bilaterally, expiratory wheezing, productive cough with yellow sputum
Gastrointestinal:
Bowel sounds present, last BM 11/04, appetite decreased

Medications and tasks

Time	Task
0600	Duoneb treatment
0800	Prednisone 40mg PO
0900	Assess respiratory status
1000	Ambulate with walker in hallway
1200	Check blood glucose pre-lunch

Care plan

1. Monitor respiratory status q4h and PRN
2. Encourage deep breathing and coughing exercises q2h while awake
3. Maintain O2 sat >92%
4. Progressive ambulation with PT
5. Monitor I&O
6. Daily weights

Discharge plan

- Anticipate discharge in 3-4 days pending respiratory improvement
- Need home O2 evaluation
- Schedule pulmonary follow-up
- Smoking cessation education needed

Additional notes

- Son very involved in care, visits daily
- Patient motivated but anxious about using inhalers correctly
- PT evaluation completed - cleared for walker with assistance

Nurse-in-charge: Emma Lewis, RN

Designation: Primary nurse

Signature: Emma Lewis, RN

Date: November 5, 2024