## Nursing Care Plan

## Patient Information

Name: Edwardo Cruz
Date of Birth: January 1, 1950

| Age:73 Gender:M |
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## Medical history:

Hypertension, Type 2 Diabetes, History of MI, Osteoarthritis

## Allergies:

Penicillin

## Medications:

Metformin, Lisinopril, Aspirin, Ibuprofen

## Care Plan

| Assessment | Interventions | Rationale | Evaluation |
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| Vital Signs: BP, HR, <br> RR, SpO2, <br> Temperature, Weight | Monitor vital signs and <br> document | Assess patient's baseline <br> and monitor for changes, <br> and detect early signs of <br> deterioration | BP: 120/80, HR: 72, <br> RR: 18, SpO2: $98 \%$ <br> Temp: $98.6 \circ$ F, Weight: <br> 170 lbs |
| Skin Assessment: <br> Color, Temperature, <br> Moisture, Turgor, <br> Lesions, Pressure <br> areas | Perform skin <br> assessment and <br> document | To detect early signs of <br> skin breakdown and <br> prevent pressure <br> ulcers | Skin intact, no signs of <br> breakdown or pressure <br> areas |
| Pain Assessment: Location, <br> Duration, Intensity, Quality, <br> Aggravating/Relieving <br> factors, Pain management <br> goals | Administer pain <br> medication as <br> prescribed | To manage patient's <br> pain | Pain level decreased <br> from 8/10 to 4/10 after <br> medication |
| Mental Health <br> Assessment: Mood, <br> Anxiety, Depression, <br> Coping, Support systems | Provide emotional <br> support and encourage <br> participation in <br> activities | To promote patient's <br> mental well-being and <br> enhance socialization | Patient reports feeling <br> more positive and <br> motivated |
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## Additional notes

