

Mrs. M. Care Plan (Post Significant Change)

Mrs. Cynthia M is a 90-year-old, Caucasian female, born June 22, 1920 in Germany and immigrated to the United States when she was seven years old. Mrs. M speaks English, but if upset or agitated, sometimes speaks in her native language of German. Mrs. M has been a widow for 25 years and prefers to be called Mrs. M related to being address formally as a school teacher for over 40 years. Mrs. M has been high functioning all of her life and has no history of mental illness. She has lived here for several months and had a fall recently resulting in a fractured hip. She is returning to the facility at this time.

Date	Problem	Goal	Interventions	Discipline	Review
12/30/32	Worried and scared since readmission Crying more frequently	Decrease call light use to a max of once an hour Frequency of crying spells will be less then once a day	<ol style="list-style-type: none"> <li>1. Answer call light promptly</li> <li>2. Stop by room to check on Mrs. M and anticipate her needs, i.e. offer fluids, take to the bathroom before she asks, etc.</li> <li>3. Be sure that she gets her pain medication prior to therapy</li> <li>4. Allow for rest periods between activities so that she is not over tired.</li> <li>5. Provide positive feed back for all accomplishments</li> <li>6. Offer toileting per facility protocol to decrease possibility of incontinence</li> <li>7. Sit with her and offer reassurance when crying</li> </ol>	All	
12/30/32	Poor vision and hard of hearing	Will be able to move about her room and facility without difficulty. Will be able to hear and understand those around her without difficulty	<ol style="list-style-type: none"> <li>1. Speak distinctly and clearly and toward left ear</li> <li>2. Minimize external noises or move to a quieter place when talking with Mrs. M.</li> <li>3. Be sure you have her attention prior to starting to speak</li> <li>4. Keep her room clear of clutter</li> <li>5. Keep room lights on till bedtime then use a night light</li> <li>6. Keep Mrs. M's belongings within her reach especially her water and Bible.</li> <li>7. Don't rearrange her room without discussing</li> </ol>	All	

			with her first. 8. Be sure Mrs. M wears glasses when awake and that they are clean.		
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Date	Problem	Goal	Interventions	Discipline	Review
12/30/12	I fell recently and broke my hip and had to have surgery	I want to try not fall again but if I do I don't want to hurt myself very badly.	<ol style="list-style-type: none"> <li>1. Please know that I like to do my ADL's but right now I need more help due to the surgery and I tire very easy at this point.</li> <li>2. Please help me with all my transfers. I use a walker and need at least 1 person to assist me on/off the commode</li> <li>3. I would like to nap between each meal so that I don't get over tired.</li> <li>4. Answer my call light promptly because I don't have much warning before needing to urinate.</li> <li>5. Be sure I have on my shoes before I get up for a transfer</li> <li>6. Keep my bed in low position and my call light in reach</li> <li>7. I take several meds that may make me dizzy and have low BP. Please watch me for these symptoms. Encourage me to sit and stand slowly.</li> </ol>	All	
12/30/10	I don't have much warning before knowing I have to urinate.	I won't wet my pants more then once a day by the end of next month.	<ol style="list-style-type: none"> <li>1. Please take me to the bathroom as soon as I wake up, before meals and at bedtime.</li> <li>2. I will need to go to the bathroom 30 minutes after taking my pills in the morning.</li> <li>3. Be sure to allow time before activities that I can go to the bathroom.</li> <li>4. Please be sure my call light is where I can see and reach it</li> <li>5. Please answer my call light promptly.</li> </ol>	All	

Date	Problem	Goal	Interventions	Discipline	Review
12/30/10	I don't have much appetite and the food doesn't taste good	I will not lose any more weight by February I will feed myself with adaptive equipment.	<p>6. If I do have an accident don't scold me, I am already embarrassed.</p> <ol style="list-style-type: none"> <li>1. I can't eat much at a time so I would rather eat small frequent meals.</li> <li>2. My daughter made me Carnation Instant breakfast for between meals that I enjoyed and would like to continue that.</li> <li>3. I need to eat fiber in my diet so that I don't get constipated. Please offer me grapes, oranges and peaches whenever possible.</li> <li>4. At night I get hungry I would like a bowl of cold cereal.</li> <li>5. I can't see very well so please let me know what is on my plate by using a clock.</li> <li>6. I have arthritis and have had a stroke. It makes it hard to feed myself. I need large handles utensils and my special knife. I also use something special to keep my plate from sliding away from me.</li> <li>7. Weigh me weekly to be sure that I am not holding too much fluid meaning my heart has to work harder.</li> <li>8. I have trouble swallowing and must sit up straight in my chair when I eat. I also tuck my chin to make it safer to swallow. Please don't offer me a straw.</li> <li>9. The nurses should listen to my lungs daily to be sure they stay clear. If they are not clear my doctor should be called.</li> </ol>	Dietary Nursing Activities	

Date	Problem	Goal	Interventions	Discipline	Review
12/30/10	I have a blister on my left heel and an open area on my bottom	I want the area to get better and no further problems occur	<ol style="list-style-type: none"> <li>1. Please be sure I am offered fluids. Pour them in a cup, as the pitcher is too heavy for me.</li> <li>2. I need help turning since my surgery so please do it at least every 2 hours when I am in bed</li> <li>3. Please help me reposition at least every hour when I am in my wheelchair</li> <li>4. Keep my heels up off the bed and the pressure off at all times. There is not a dressing on my heel so please be careful that the blister does not get bumped.</li> <li>5. I do have a dressing on my bottom and if it becomes loose, soiled or falls off please let the nurse know so it can be put back on.</li> <li>6. When I not in therapy please remove my shoe so that it doesn't make my heel worse.</li> <li>7. I don't want to have wet skin so please follow my care plan to keep me dry.</li> <li>8. If I do wet myself please clean me up thoroughly and dry my skin well.</li> <li>9. I like to wear long sleeve blouse to protect my skin</li> <li>10. During showers be sure I do not have any redden areas where I cannot see.</li> </ol>	Dietary Nursing	
12/30/10	I do not like to be in pain	My pain will be under control and less then a 6 on any given day.	<ol style="list-style-type: none"> <li>1. If I say I am in pain I am.</li> <li>2. I respond best to the verbal scale to describe my pain.</li> <li>3. Please be sure that I get my regular meds on time</li> <li>4. I am stiff in the morning so keep it in mind as I am getting dressed and ready for the day. It takes me longer to do things then.</li> <li>5. If I need something extra for pain please give it</li> </ol>	Nursing	

			<p>to me as soon as possible.</p> <ol style="list-style-type: none"> <li>6. I listen to my books that help me to cope with my pain. Please allow me the privacy to listen to my books.</li> <li>7. If my pain is really bad a warm bath or a gentle back rub sometimes will help.</li> <li>8. I also have a hard time sleeping at night. Be sure I go to the bathroom and have something for pain before going to bed.</li> <li>9. Take me to the bathroom and give me a drink if I am restless at night. I may need a pain med again.</li> </ol>		
12/30/10	<p>I need help with getting around and getting dressed and undressed I want to get to where I can do as much as possible for myself again.</p>	<p>Within 6 weeks I will be able to dress myself with min assist. Within 6 weeks I will be able to walk to the bathroom in my room with min assist</p>	<ol style="list-style-type: none"> <li>1. Until I can walk distances please push me to therapy in my wheelchair.</li> <li>2. Please help me with all my transfers</li> <li>3. Adaptive equipment for dressing: Large handled buttonhook. Be sure it is out when I am getting dressed.</li> <li>4. I prefer to bath in the evening.</li> <li>5. Adaptive equipment for eating: Dycem for under my plate, a large handled rocker knife for cutting meat, foam handles for fork and spoon. I keep them in my tote bag on the back of my wheelchair.</li> <li>6. Be sure I have my pain pills before I start my dressing</li> <li>7. I like to be complimented when I have accomplished a hard task for the first time.</li> <li>8. Please don't rush me I dress slowly.</li> <li>9. It easier for me if I break up my activities into short periods to conserve my energy.</li> </ol>		