

Case Studies: Care of Clients in Various Settings

14

MEDICAL NURSING CASE STUDY



Ms. Teresa is the staff nurse on a medical unit assigned to care for the following clients during the 7a to 7p shift.

- (A) Mr. Brody, a 42-year-old African American male, diagnosed with abdominal pain, etiology unknown.
- (B) Ms. White, a 60-year-old Asian female, admitted with a diagnosis of bacterial pneumonia.
- (C) Mr. Gonzales, a 48-year-old Hispanic male, diagnosed with chest pain rule out myocardial infarction.
- (D) Ms. Smith, a 24-year-old Caucasian female, diagnosed with diabetic ketoacidosis.
- (E) Mr. George, a 38-year-old white male, diagnosed with renal calculi.

Based on the information provided determine the order in which the clients should be seen and the reasoning behind the nurse's decision.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

Ms. Teresa has received the shift report and will care for her assigned clients. Answer the questions below.

Mr. Brody is scheduled for an endoscopy this morning. He is scheduled to receive an intravenous proton-pump inhibitor and an oral ACE inhibitor. List at least four interventions Ms. Teresa should implement when preparing Mr. Brody for this diagnostic test.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

1. Identify at least six assessment interventions Ms. Teresa should implement when completing the morning shift assessment for Ms. White, who is diagnosed with bacterial pneumonia.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
 - 6) _____
2. Ms. Teresa is preparing to administer a loop diuretic to Ms. Gonzales. Identify five interventions Ms. Teresa should implement when administering this medication.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
3. Ms. Teresa is preparing to administer 30 units of 70/30 insulin to Ms. Smith. Identify five interventions Ms. Teresa should implement when caring for this client.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
4. The unlicensed assistive personnel informs Ms. Teresa that Mr. George is complaining of severe pain. Identify seven interventions Ms. Teresa should implement when administering intravenous narcotic pain medication to Mr. George.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
 - 6) _____
 - 7) _____
5. Ms. Teresa has delegated a.m. care for Ms. Smith. Which nursing tasks can the UAP implement for Ms. Smith? **Select all that apply.**
 - ✓ Assist Ms. Smith to the shower.
 - ✓ Change the linens on the bed.
 - ✓ Cut Ms. Smith's toenails.
 - ✓ Wash Ms. Smith's hair.
 - ✓ Rub and massage Ms. Smith's lower extremities.
 - ✓ Feed Ms. Smith the breakfast meal.
6. Mr. Brody has a nasogastric tube. Identify five assessment interventions Ms. Teresa should implement when completing Mr. Brody's shift assessment.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____

7. Which diagnostic test should Ms. Teresa check to determine whether Mr. Gonzales has had a myocardial infarction?
- _____
8. Mr. George has just passed a renal stone. Which action should Ms. Teresa implement?
- _____
9. Ms. Smith is being discharged home. List five discharge instructions Ms. Teresa should discuss when implementing diabetic teaching.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
10. The laboratory determined Mr. George had an oxalate renal calculi. The HCP ordered a low oxalate diet. Identify five interventions Ms. Teresa should discuss with Mr. George.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
11. Mr. Gonzales did not have a myocardial infarction. He was diagnosed with angina. List five interventions Ms. Teresa should discuss with Mr. Gonzales.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
12. Mr. Brody has just returned from the endoscopy. List three interventions Ms. Teresa should implement.
- 1) _____
- 2) _____
- 3) _____
13. The UAP tells Ms. Teresa that Ms. Smith is complaining of being jittery, feels nervous, and has a headache. List three interventions Ms. Teresa should implement.
- 1) _____
- 2) _____
- 3) _____
14. Ms. White is having shortness of breath. List five interventions Ms. Teresa should implement.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

 **CRITICAL CARE NURSING CASE STUDY**

The nurses are caring for clients in the critical care unit in a community hospital. Answer the following questions.

1. Ms. Paula is caring for the client on the ventilator with an endotracheal intubation. List 10 interventions Ms. Paula should implement for the ventilator care.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
 - 6) _____
 - 7) _____
 - 8) _____
 - 9) _____
 - 10) _____

2. Ms. Debbie is caring for the client who may be developing disseminated intravascular coagulation (DIC). List five nursing interventions and medical interventions the nurse should implement when caring for this client.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____

3. Ms. Gail is caring for the client who may be developing acute respiratory distress syndrome (ARDS). List five nursing interventions and medical interventions the nurse should implement when caring for this client.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____

4. Ms. Teresa is caring for a client diagnosed with C-6 spinal cord injury (SCI) in the critical care unit. List five nursing interventions and medical interventions the nurse should implement when caring for this client.
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____

5. Mr. Ben is caring for a client with a traumatic brain injury in the critical care unit. List five nursing interventions and medical interventions the nurse should implement when caring for this client.
- 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
6. Ms. Belinda is caring for a client admitted from the emergency department with diagnosis of rule out myocardial infarction. As the client moves from the stretcher to the CCU, he starts complaining of chest pain. List seven nursing interventions and medical interventions the nurse should implement when caring for this client.
- 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
 - 6) _____
 - 7) _____
7. Ms. Belinda monitors the client with the acute myocardial infarction for complications. List five complications Ms. Belinda is monitoring for.
- 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
8. Ms. Teresa is caring for a client whose telemetry shows ventricular fibrillation. List five interventions Ms. Teresa should implement.
- 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____

9. Ms. Paula is caring for a client on a ventilator in the critical care unit. The client is a risk for numerous complications and special problems. List five problems with three interventions each.

Problem 1: _____

1) _____

2) _____

3) _____

Problem 2: _____

1) _____

2) _____

3) _____

Problem 3: _____

1) _____

2) _____

3) _____

Problem 4: _____

1) _____

2) _____

3) _____

Problem 5: _____

1) _____

2) _____

3) _____

OUTPATIENT NURSING CASE STUDY



Ms. Judy is caring for clients in a free outpatient clinic. Answer the following questions.

- Ms. Judy requests a variety of laboratory and diagnostic tests for the clients coming to the outpatient clinic. Identify which laboratory/diagnostic test Ms. Judy should order with the client's complaint.

Client Complaint

1. "I am having burning upon urination."
2. "I have been having Charlie horses or leg cramps in my calves." Client takes diuretics.
3. "I am taking Coumadin, an anticoagulant, every day."
4. "I am having pain in my right lower abdomen and I have a low-grade fever."
5. "I am having burning in my chest after I eat, especially if I lie down after I eat."
6. "I have type 2 diabetes and have been taking my medication as directed for the last 3 months."
7. "I am weak all the time since I became a vegetarian. My family tells me I am pale and I don't have any energy."
8. "I have been a type 2 diabetic for 20 years and I think I may have diabetic nephropathy."
9. "The last doctor I saw told me I might have a peripheral nerve disease and needed a test but I can't remember the name of the test."
10. "I think I have myasthenia gravis, like my sister. Could you please give me the test to diagnose MG?"
11. "I am hot all the time, I have problems holding my pen when I write, and I am breathing faster."
12. "I think I may have been exposed to syphilis."
13. "I am receiving chemotherapy and have noticed bleeding after I brush my teeth and when I blow my nose."
14. "I have been on a heart healthy diet for over 6 months since my heart attack."
15. "My wife says I am having trouble hearing but I don't think so."
16. "I think I am allergic to dust or mold because my nose gets stuffy, I sneeze all the time, and sometimes I break out in a rash."

Laboratory/Diagnostic Test

- a. upper gastrointestinal endoscopy
- b. serum iron level
- c. serum potassium level
- d. serum creatinine level
- e. International Normalized Ratio (INR)
- f. Thyroid function tests
- g. platelet count
- h. clean-catch or midstream urinary specimen
- i. cholesterol level
- j. Scratch test
- k. Tensilon test
- l. audiometry
- m. electromyography (EMG)
- n. RPR (rapid plasma regain) and VDRL
- o. glycosylated hemoglobin A_{1c}
- p. white blood cell count

2. Ms. Judy is talking to a male client about the diagnostic test of endoscopy. Identify the teaching interventions Ms. Judy should include when explaining the procedure to the client.

3. Ms. Judy is explaining the diagnostic procedure of colonoscopy to a female client. Identify the teaching interventions Ms. Judy should include when explaining the procedure to the client.

4. Ms. Judy must obtain a throat specimen for a client who has possible strep throat. List in order the 10 interventions Ms. Judy should implement to perform this procedure correctly.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

5. Ms. Judy is caring for a client who has a sprained right ankle. List the interventions Ms. Judy should discuss with the client prior to discharging the client home.

6. The client diagnosed with a cold asks Ms. Judy, “Why won’t my doctor give me some antibiotics when I feel so bad? What can I do for this cold?” Explain why the HCP will not write an antibiotic prescription for the client’s cold; then list five interventions Ms. Judy should recommend to the client to help with the cold symptoms.

Explanation: _____

1) _____

2) _____

3) _____

4) _____

5) _____

7. Ms. Judy has noticed many of the clients coming to the outpatient clinic are taking herbs. She is developing a chart with some of the most common herbs and why clients take them. Identify which herb is taken for which medical condition.

Medical Condition

- _____ 1) Helps relieve stomachaches, nausea, and diarrhea.
- _____ 2) Helps with increasing memory and treating Alzheimer's disease.
- _____ 3) Helps treat first-degree burns, wound healing, sunburn, radiation-induced skin reactions, genital herpes, psoriasis.
- _____ 4) Helps treat colds.
- _____ 5) Recommended by HCP for treatment of benign prostatic hypertrophy.
- _____ 6) Used to treat liver diseases, including hepatitis, fatty liver, cirrhosis, and liver protection.
- _____ 7) Used to treat atherosclerosis, hypertension, and peripheral vascular diseases.
- _____ 8) Used to treat depression.
- _____ 9) Helps relieve headaches and decrease anxiety.
- _____ 10) Used to treat urinary and bladder infections.

Herb

- a. aloe vera gel—topical
- b. saw palmetto
- c. ginkgo biloba
- d. garlic
- e. Echinacea
- f. lavender
- g. cranberries
- h. ginger
- i. milk thistle
- j. St. John's wort

8. Ms. Judy is discussing the American Cancer Society health promotion screenings for adult clients at a community meeting. She has requested participants to ask questions concerning screenings. Answer the clients' questions.

Question 1: "What should I do to determine if I have breast cancer?"

Question 2: "What is recommended for detecting colon or rectal cancer?"

Question 3: "What are the recommendations for detecting cervical cancer?"

Question 4: "What should be done to detect prostate cancer?"

Question 5: "What can I tell my son about screening for testicular cancer?"



HOME HEALTH CASE STUDY

Ms. Teresa is caring for the following clients in the Angel Home Healthcare Agency.

1. Ms. Teresa is caring for a female client who needs the indwelling urinary catheter changed. List the procedure (in the correct order) for inserting an indwelling urinary catheter.

2. Ms. Teresa is caring for a client who has a right sided subclavian dressing. List the procedure (in the correct order) for changing and cleaning the subclavian insertion site.

3. Ms. Teresa is caring for a client who needs a daily wet to dry dressing for an abdominal wound. The wet to dry dressing is done daily to mechanically debride the abdominal wound. List the procedure (in the correct order) for performing wound care.

4. Ms. Teresa must collect a midstream urine specimen on a male client. List the procedure (in the correct order) for collecting a midstream urine specimen.

5. Ms. Teresa must administer a tap water enema to a client. List the procedure (in the correct order) for administering a tap water enema.

6. Ms. Teresa will be teaching the home health aide how to perform a colostomy irrigation for the client with a sigmoid colostomy. List the procedure (in the correct order) for performing a colostomy irrigation.

7. Ms. Teresa must draw an International Normalized Ratio (INR) for the client who is taking warfarin (Coumadin) daily. List the procedure (in the correct order) for drawing venous blood.

8. Ms. Teresa must insert the nasogastric tube for the client receiving tube feedings for 1 month. List the procedure (in the correct order) for inserting a nasogastric tube.

9. Ms. Teresa must teach the client how to administer 20 units of 70/30 insulin to the client. List the procedure (in the correct order) for administering subcutaneous insulin in the abdomen.

10. Ms. Teresa must teach the client's significant other how to transfer the client from the bed to the chair. List the procedure (in the correct order) for transferring the client from the bed to the chair.

MENTAL HEALTH NURSING CASE STUDY



Mr. Aaron is the charge nurse on an inpatient psychiatric unit. He is orienting new nurses to the psychiatric unit, the client's admission process, nursing documentation, and care of the client with a mental illness.

1. Mr. Aaron explains the importance of identifying defense mechanisms. Match the defense mechanism with the description and example of defense mechanism.

Description and Example of Defense Mechanism

- _____ 1) Burying a painful feeling or thought from awareness, though it may resurface in symbolic form. Sometimes considered a basis of other defense mechanisms. EX: The client remembers his/her father's funeral.
- _____ 2) Not accepting reality because it is too painful. EX: The client is arrested for drunk driving several times but doesn't believe he/she has a problem with alcohol.
- _____ 3) Reverting to an older, less mature way of handling stresses and feelings. EX: The client and significant other get into an argument so the client stomps off into another room and pouts.
- _____ 4) Attributing unacceptable thoughts or feelings to someone or something else. EX: The client gets really mad at her husband but screams he's the one mad at the client.
- _____ 5) Everything in the world is seen as all good or all bad with nothing in between. EX: The client thinks her boyfriend is absolutely worthless because he forgot a lunch date with the client.
- _____ 6) Attempting to avoid a painful thought or feeling by objectifying and emotionally detaching oneself from the feeling. EX: Acting aloof and indifferent toward someone when the client really dislikes the person.
- _____ 7) Channeling a feeling or thought from its actual source to something or someone else. EX: When the client gets mad at her sister, the client breaks her drinking glass by throwing it against the wall.
- _____ 8) Adopting beliefs, attitudes, and feelings contrary to what the client really believes. EX: The female client says she is angry but she really is not.
- _____ 9) Justifying one's behaviors and motivations by substituting "good," acceptable reasons for these real motivations. EX: The client always studies hard for tests and knows a lot of people who cheat so it's not a big deal the client cheated this time.
- _____ 10) Handling one's own pain by helping others. EX: After the client's wife dies, he keeps himself busy by volunteering at the local church.

Name of Defense Mechanism

- a. Splitting
- b. Reaction formation
- c. Undoing
- d. Repression
- e. Humor
- f. Projection
- g. Suppression
- h. Rationalization
- i. Denial
- j. Sublimation
- k. Regression
- l. Isolation of Affect
- m. Altruism
- n. Displacement

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- _____ 11) Focusing on funny aspects of a painful situation. EX: A person's treatment for cancer makes him lose his hair so he makes jokes about being bald.
- _____ 12) Redirecting unacceptable, instinctual drives into personally and socially acceptable channels. EX: Intense rage redirected in the form of participation in sports such as boxing or football.
- _____ 13) The effort to hide and control unacceptable thoughts or feelings. EX: The client is attracted to someone but says she really doesn't like the person at all.
- _____ 14) Trying to reverse or "undo" a thought or feeling by performing an action that signifies an opposite feeling than originally thought or felt. EX: The client has feelings of dislike for someone but buys them a gift.
2. Mr. Aaron explains the nurses will be responsible for leading groups on the unit such as medication, symptom management, anger management, and self-care groups. Identify and discuss the three phases of the group work.
- 1) _____
- 2) _____
- 3) _____
3. Mr. Aaron is admitting Mr. Chandler, a 27-year-old client, diagnosed with paranoid schizophrenia to the inpatient psychiatric unit. Identify three signs/symptoms Nurse Aaron would expect Mr. Chandler to exhibit.
- 1) _____
- 2) _____
- 3) _____
4. Later in the shift, Mr. Aaron is admitting Ms. Smith, 33-year-old client, diagnosed with bipolar disorder, severe mania, to the unit. List six signs/symptoms Mr. Aaron would expect Ms. Smith to exhibit.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
5. Mr. Aaron is having a very busy shift and is admitting Mrs. Jones, a 44-year-old client who is diagnosed with major depression. List six signs/symptoms Mr. Aaron would expect Mrs. Jones to exhibit.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

6. Mrs. Jones, diagnosed with major depression, tells Mr. Aaron, "I am tired of living. I just need to die and everyone will be better off." Discuss how Mr. Aaron should evaluate Mrs. Jones suicidal intent and suicide risk.
- _____
- _____
- _____
7. Mr. Aaron is caring for Ms. Smith, diagnosed with severe mania. List five nursing interventions Mr. Aaron should implement when caring for Ms. Smith.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
8. Mr. Aaron is caring for Mr. Chandler, diagnosed with paranoid schizophrenia. Mr. Chandler is having active hallucinations and thinks he is God. List five nursing interventions Mr. Aaron should implement when caring for Mr. Chandler.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
9. Mr. Aaron determines Mr. Jones is having alcohol withdrawal and arranges for him to be transferred to the acute care hospital. List five nursing interventions for the client experiencing alcohol withdrawal.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
10. Mr. Aaron is discussing the client's diagnosis with one of the new nurses who is orienting to the unit. Mr. Aaron asks the nurse to identify the five axes. List the five axes on the psychiatric diagnosis.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



MATERNAL-CHILD CASE STUDY

Ms. Ann is working in the newborn nursery, Ms. Laura is working in the labor and delivery unit, and Ms. Courtney is working in the postpartum unit.

1. Ms. Ann is assessing the newborn for reflexes. Identify five reflexes and how to elicit the response from the newborn.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

2. Ms. Laura is assessing the newborn to determine an Apgar score. Identify the five assessment interventions used to determine the newborn's Apgar score.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

3. Ms. Ann is assessing a 2-hour-old newborn. Identify the assessment interventions Ms. Ann should implement. Do not list what is normal; list only the components of the physical assessment.

4. Ms. Courtney is caring for clients in the postpartum unit. She is assessing for postpartum complications. Match the complications with the signs/symptoms.

Signs/Symptoms

- _____ 1) The mother is light-headed, syncopal, hypotensive, and tachycardiac, and has oliguria.
- _____ 2) The mother has fever, uterine tenderness, and foul-smelling lochia.
- _____ 3) The mother is sad, weeping, irritable, anxious, and confused.
- _____ 4) The mother has dark bleeding with clots and there is a noncontracted, boggy uterine fundus.
- _____ 5) The mother has a sudden rise in uterine fundal height, indicating the formation of clots inside the uterine cavity.
- _____ 6) The mother is complaining of severe, sharp perineal pain and swelling in the perineal wall.
- _____ 7) The mother is exhibiting bizarre behavior and has disorganization of thought, hallucinations, and delusions.
- _____ 8) The mother has pain and has a fever along with localized tenderness, swelling, and redness of the left leg.
- _____ 9) The mother has marked breast engorgement, acute breast pain, tenderness, and fever and chills.

Complication

- a. Postpartum depression
- b. Uterine atony
- c. Thrombophlebitis
- d. Retained placental fragments in the uterus
- e. Endometritis
- f. Mastitis
- g. Postpartum psychosis
- h. Hematoma
- i. Postpartum hemorrhage

5. Ms. Laura is teaching parents in a child preparation class about labor and delivery. Define the stages of labor.

6. Ms. Courtney is performing discharge teaching to the mother. List five interventions Ms. Courtney should discuss with the mother.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____