

Thinking exercise 3B-1/2

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**Thinking exercise 3B-1**

An 18-year-old African-American female client is admitted to the emergency department with report of shortness of breath, chest discomfort, fatigue, and fever for the past 3 days. Additional assessment findings include:

- Both parents are sickle cell disease carriers, but the client has had no symptoms of the disease
- No cyanosis of lips, nail beds, or palms
- Reports feeling “lightheaded” at times
- Hemoglobin = 11.4 g/dL (114 g/L)
- Hematocrit = 36% (0.36)
- Red blood cell (RBC) count =  $3.2 \times 10^6/\mu\text{L}$  ( $3.2 \times 10^{12}/\text{L}$ )
- White blood cell (WBC) count =  $15,500/\text{mm}^3$  ( $15.5 \times 10^9/\text{L}$ )
- Serum bilirubin = 1.8 mg/dL (30.4 mcmol/L)
- Oral temperature = 101.6°F (38.7°C)
- Pulse = 89 beats/min
- Respirations = 20 breaths/min
- Blood pressure = 98/48 mm Hg

**Highlight or place a check mark next to the assessment findings that require follow-up by the nurse.**

**Thinking exercise 3B-2**

An 18-year-old African-American female client reports shortness of breath, chest discomfort, fatigue, and fever for the past 3 days. She is admitted to the medical-surgical nursing unit with pneumonia and probable sickle cell disease (SCD). **Use an X to indicate whether the nursing actions listed below are Indicated (appropriate or necessary), Contraindicated (could be harmful), or Non-Essential (makes no difference or not necessary) for the client’s care at this time.**

<b>Nursing Action</b>	<b>Indicated</b>	<b>Contraindicated</b>	<b>Non-Essential</b>
Initiate oxygen therapy.			
Prepare to give several units of packed red blood cells stat.			
Administer IV antibiotic therapy.			
Refer the client to a social worker to discuss end-of-life care.			
Withhold pain medication until she has a drug screening.			
Keep the head of the client’s bed up to at least 30 degrees.			