TCC Nursing Program

NUR 1457-Nursing of Adults w/Major Health Disruptions

## Medical-Surgical Reason for Health Care - Blank

Plan care to alternate periods of rest and activity; strive for a 1:3 rest/activity ratio; assist in ADL’s as needed; limit visitors, phone calls, noise, and interruptions; monitor VS; monitor H & H; teach pt about foods high in protein, calories, and iron; establish range of weight outcomes and dietary plan; teach and monitor use of a food diary; suggest eating small frequent meals; review/teach pt nutrition and med information; teach/monitor response to supplemental drugs; suggest follow up resources;

Tachycardia, increased PP, murmurs, hepatomegaly, splenomegaly, retinal hemorrhage,

Palpitations, dyspnea, diaphoresis, pallor, puritis

Activity intolerance; imbalanced nutrition: less than body requirements; ineffective therapeutic regimen; hypoxemia

Anemia

Deficiency in the number of red blood cells, the quantity of hemoglobin, and/or volume of packed red blood cells (hematocrit). Leads to tissue hypoxia.

CBC- RBC, Hgb, Hct

Morphologic- lab info shows anemia

Etiologic- clinical conditions causing anemia