MISSISSIPPI COLLEGE SCHOOL OF NURSING

NUR 303

***Assessment Tool***

# General Information

Name/Initials: ACM Age: 51 Gender: Female Race: African American

Admission/Clinic Appointment Date: 08/05/2024 Time: 1415 From: NA

Source of Information: Patient Reliability (1-4 with 4 = very reliable) **4**  **Activity/Rest:** Resting in the clinic exam room

*Subjective (Reports)*

Occupation: Medically disabled Usual activities: post-transplant appointments 3 x a week, caring for a husband who is also post-transplant

Leisure time activities/hobbies: Read books, watch movies, attend church, spend time with the family

Limitations imposed by condition(s): While on immunosuppressant medications I can’t be in crowds or go to church

Sleep Hours: 7 hours Naps: 1 x daily 1hr Aids: NA Insomnia: NA Related to: I nap because my counts are low and it makes me tired

Rested on Awakening: yes Excessive Grogginess: not usually Feelings of boredom/dissatisfaction: none

*Objective (exhibits)*

Observed response to activity:

Cardiovascular becomes easily tired due to decreased blood counts Respiratory: gets winded walking the hallways of the clinic

Mental status (i.e., withdrawn/lethargic): is engaging positively with staff, cheerful

Neuro/muscular assessment:

Muscle mass/tone: Symmetrical muscle bulk and tone is without rigidity or spasticity Posture: Erect Spine: straight, normal curvature Tremors: none noted on exam

ROM: full ROM to all joints with smooth movement and without pain Strength: 5/5 bilaterally in upper and lower extremities Joints: no crepitus stable with no laxity Deformities: none noted on exam

# Physiological Assessment Circulation

*Subjective (Reports)*

History of:

Hypertension: YES Heart Trouble: None Rheumatic Fever: None Ankle/leg edema: None

 Phlebitis: None Slow Healing: None Claudication: None Dysreflexia: None

 Bleeding tendencies/episodes: Yes- when platelets are low I bruise easier and need transfusions because of my leukemia

 Palpitations: None Syncope: None

Extremities: Numbness: None Tingling: None Cough/Hemolysis: None Change in frequency/amount of urine: None

*Objective (exhibits)*

BP: R: Lying/sit/stand: 133/78, 131/82, 130/80 Pulse Pressure: 50

L: Lying/sit/stand: 124/76, 128/74, 130/75 Pulse Pressure: 55

Pulses (palpation): Carotid: 2+ Temporal: NA Jugular: 2+ Radial: 2+ Femoral: 2+ Popliteal: 2+ Post-tibial: 2+ Dorsalis pedis: 2+

Cardiac (palpation): Thrill: Neg Heaves: Neg

Heart Sounds: Rate 98 Rhythm: Regular Quality: S1 S2 Friction rub: Negative Murmur: Negative

Jugular vein distention: flat N/A Breath sounds: Clear throughout all lung fields

Extremities: Temperature: warm Color: pink Capillary refill: < 3 seconds Homan’s sign: Negative

Varicosities: N/A Nail abnormalities: ridges in fingernails, no clubbing Edema: Negative

Distribution/quality of hair: no hair growth, alopecia secondary to chemotherapy Trophic skin changes:

Color: General: Skin noted to be clean, warm and dry, and intact no bruises or lesions noted. Some pigmentation changes notes to the neck bilaterally with dark patches and striae present

Mucous membranes: pink/moist Lips: skin intact, moist, pink Nailbeds: translucent/pink

 Conjunctiva/Sclera: Conjunctive clear, sclera non-icteric. EOM intact, PERRLA Diaphoresis: Negative

# Elimination

*Subjective (reports*)

Usual bowel patterns: regular formed BM every other day Laxative use: N/A Character of stool: soft-formed brown

Last BM: this morning Diarrhea: N/A Constipation: Rarely History of bleeding: due to platelet Hemorrhoids: None

Usual voiding pattern: no issues voids without difficulty Incontinence/when: NA Urgency: None

Frequency: None Retention: None Character of urine: Clear yellow

Pain/burning/difficulty voiding: None History of kidney/bladder/ disease: None Diuretic use: None

*Objective(exhibits)*

Abdomen: Tender, Soft/firm, Palpable mass, Size/girth: Abdomen protuberant, symmetric, no visible or palpable masses, scars, or lesions, coarse hair from the pubis to the umbilicus. Bowel sounds are normoactive in all four quadrants. Tympanic throughout to percussion. No tenderness or guarding with palpation. No organomegaly. No CVA tenderness.

 Bowel Sounds: Location: present all four quadrants

 Hemorrhoids: None Stool guaiac: negative Bladder palpable: none Overflow voiding: N/A

 CVA tenderness: negative see above

# Food/Fluid

*Subjective (reports*)

Usual diet (type): regular post-transplant diet Carbohydrate/protein/fat intake: g/d doesn’t count # of meals daily: 3

Vitamin/food supplement use: NA Food preferences: love pasta Prohibitions: not able to eat uncooked food, no raw fruits and vegetables

Dietary pattern/content: B: eggs, bacon toast L: soup potato chips sandwich D: chicken, rice, cooked vegetables

Last meal/intake: lunch Loss of appetite: none Nausea/vomiting: none Allergy/food intolerance: none

Heartburn/ingestion: None Related to: NA Relieved by: NA Mastication/swallowing problems: None

Dentures: None Usual weight: 160 lbs Changes in weight: no weight loss in 6 weeks Diuretic use: None

*Objective (exhibits)*

Current weight: 155 Height: 5’2” BMI: 28.3 Body build ectomorph Skin turgor: elastic quickly returns to shape Mucous membranes moist/dry: moist

Breath sounds: Crackles: negative Wheezes: negative Rhonchi: negative

Edema: General: None Dependent: None Periorbital: None Ascites: None

Jugular vein distention: None Thyroid enlarged: negative Condition of teeth/gums: good dentition, gums pink and moist

Appearance of tongue: no lesions pink moist no exudate Mucous membranes: moist intact Halitosis: negative

Bowel sounds: normotensive present in all 4 quadrants Hernia/masses: None Urine S/A or Chemstix: NA Serum glucose (glucometer)110 serum glucose

# Hygiene

*Subjective (Reports)*

Activities of daily living: Independent/dependent (level):

Mobility: independent Feeding: independent Hygiene: independent Toileting: Independent

Dressing/Grooming: Independent

Preferred time of personal care/bath: morning shower Assistance provided by: None

Equipment/prosthetic devices required: none

*Objective (exhibits)*

General appearance: well-groomed Manner of dress: casual dress in clean well-maintained clothes Personal habits: always well dressed and clean Body Odor: none Condition of the scalp: bald, skin in good condition Presence of vermin: NA

# Neurosensory

*Subjective (reports)*

Fainting spells/dizziness: None Headaches: occasional with sinus pressure Location: frontal region Frequency: during springtime

Tingling/numbness/weakness: Location: None Stroke/brain injury (residual effects) N/A

Seizures: Type: N/A Aura: N/A Frequency: N/A Postictal state: N/A How controlled: N/A

Eyes: Vision Loss: N/A Last examination: January 16, 2024 Glaucoma: N/A Cataract: N/A

Ears: Hearing Loss: None Last examination: never

Sense of Smell: intact Epistaxis: rarely and only when platelets are less than 10

*Objective (exhibits)*

Mental status (note duration of change):

Oriented/disoriented: Time yes Place: yes Person: yes Situation: yes

Check all that apply: Alert: X Drowsy: Lethargic: Stuporous: Comatose:

Cooperative: X Combative: Delusions: Hallucinations:

Affect: (describe) pleasant, cheerful and appropriate to the clinical visit

Memory: Recent X Remote: X Supporting Data: Patient recalled 3 out of 5 words after a 5-minute delay

Glasses: N/A Contacts: N/A Hearing aids: N/A Pupil: Shape Round equal Size\reaction: R/L: 3 mm/ Reactive bilaterally

Facial droop: N/A Swallowing: able to swallow thin liquids Hand grasp/release, R/L:

# Pain/Discomfort

*Subjective (Reports)*

Primary Focus: port a cath Location: right chest wall Intensity: (0-10 with 10= most severe) pain level 2 of 10

Frequency: twice weekly Quality: sore --aches Duration: 2 hours Radiation: None

Precipitating /Aggravating factors: getting my port accessed twice weekly for labs and the soreness lasts for a few hours after. How relieved: Tylenol as needed

Associated Symptoms: tenderness at the insertion site

Effect on Activities: none Effect on Relationships: none

Additional Focus:

*Objective (exhibits)*

Facial Grimacing: X Guarding Affected Area: N/A Posturing: N/A Behaviors: N/A

Emotional Response: None noted Narrowed Focus: None Change in BP: N/A Pulse: N/A

# Respiration:

*Subjective (Reports)*

Dyspnea/Related to: ambulation when blood counts are low. Today no dyspnea on exertion Cough/Sputum: NA

History of: Bronchitis: None Asthma: Yes Tuberculosis: None Emphysema: None

Exposure to Noxious Fumes: N/A Recurrent Pneumonia: N/A

Smoker: N/A Pk/day: Number of Packs in a Year: Use of Respiratory Aids: None Oxygen: N/A

*Objective (Exhibits)*

Respiratory: Rate:18 Depth: normal Symmetry: symmetrical chest excursion Use of accessory muscles: none Nasal Flaring: present Fremitus: Palpated fremitus equal bilaterally in upper and lower anterior and posterior chest wall Breath Sounds: Clear to all lung fields, some decrease noted to right lung base, no adventitious breath sounds noted Egophony: Egophony present over the right lower lobe, indicating possible lung consolidation. Cyanosis: none noted

Clubbing of Fingers: none noted Sputum Characteristics: N/A Mentation/Restlessness: AAOx3

# Safety

*Subjective (Reports)*

Allergies/Sensitivity: Bactrim Reaction: mild rash to trunk and tingling lips

Exposure to Infectious Disease: None Previous Alterations of Immune System: Yes Cause: Myeloablative chemotherapy and allogeneic transplant

History of Sexually Transmitted Disease (date/type): None

Testing: performed for transplant/negative High Risk Behaviors: None married at 20 only 1 partner

Blood Transfusion/number: 25+ When: Over the past 2 years with my AML and transplant

Reaction: So far no reactions but I do get meds before Describe: None

Geographic Areas Lived In/Visited: LaPlace, LA has been to Florida, and Mississippi but never out of the country Seatbelt/Helmet Use: always use my seatbelt when in a car.

History of Accidental injuries: sprained ankle in high school playing basketball Fractures/Dislocations: None

Arthritis /Unstable Joints: None Back Problems: I get sore sometimes when I sit too long

Changes in Moles: none Enlarged Nodes: none Delayed Healing: no history Cognitive Limitations: none

Prosthesis: none Ambulatory Devices: none

*Objective (Exhibits)*

Temperature: Warm Diaphoresis: None

Skin Integrity: intact Scars: to right and left chest wall m bilateral arms Rashes: None Lacerations: None Ulcerations: None

Ecchymoses: None Blisters: None Burns (degree/percent): None Drainage: None Paresthesia /paralysis: None

General Strength: 5/5 upper/lower Muscle Tone: adequate no atrophy Gait: steady even ROM: full ROM to all joints Tuberculosis Testing: Negative

**Sexuality** (Component of Ego Integrity and Social Interactions)

*Subjective (Reports)*

Sexually active: no- not since my cancer diagnosis Use of Condoms: no Birth Control Method: post-menopausal

Sexual Concerns/Difficulties: none voiced

*Objectives (Exhibits)*

Comfort Level with Subject Matter: spoke without embarrassment or hesitation

*Female: Subjective (Reports)*

Age at Menarche: 12 Length of Cycle: 28 days Duration: 5 days Last Menstrual Period: 2022

No. of Pads Used/Day: none now Pregnant Now: no Bleeding Between Periods: no Vaginal Discharge: none

Menopause: yes Vaginal Lubrication: none Hormonal Therapy/Calcium Use: take calcium and vitamin D supplement

Practices Breast Self-Exam: no Last Mammogram: Feb 2024 PAP Smear: Feb 2024 Surgeries: port placement x 2, appendectomy

*Objective (Exhibits)*

Breast Exam: Breast examination is negative for masses, lumps, tenderness, or nipple discharge G enital Warts/Lesions: None Discharge: None

*Male: Subjective (Reports)*

Penile Discharge: Prostate Disorders: Circumcised: Vasectomy:

Practices Self-Exam: Breast Testicles: Last Proctoscopy/Prostate examination:

*Objective (Exhibits)*

Breast: Penis: Testicles: Genital Warts/Lesions: Discharge:

# Psychosocial Assessment Social Interaction

*Subjective (Reports)*

Marital Status: Married Years in Relationship: 31 Perception of relationship: Its fine been tough this last year both having cancer

Living with: Spouse Concerns/Stresses: Trying to stay healthy and pray our transplants work

Extended Family: Daughter, Son, and several nieces Other Support Person(s): Church family

Role within the Family Structure: Matriarch Perception of Relationships with Family Members: gotten much closer since my cancer

Feelings of Mistrust: none Feelings of Rejection: none Unhappiness: none Loneliness/Isolation: sometimes because of the transplant and rebuilding my immune system I cannot got to church or big crowds

Problems Related to Illness/Condition: keeping healthy not getting infections Problems with Communication: none

*Objective (Exhibits)*

Speech: Fluent Clear: Yes Slurred: No Unintelligible: No

Unusual Speech Pattern/Impairment: None Use of Speech/Communication Aids: None

Laryngectomy Present: : None Verbal/Nonverbal Communication with Family/SO(s): Appropriate for the exam no family present Family Interaction (Behavioral) Pattern Not observed

# Teaching/Learning

*Subjective (Reports)*

Dominant Language (specify): English Second Language: None Literate: Yes

Education Level: College Graduate Learning Disabilities (specify): None Cognitive limitations: None

Where Born: Charity Hospital New Orleans, LA If immigrant, how long in this country? N/A

Health and Illness Beliefs/Practices/Customs: I don’t have any particular beliefs or practices, I am just trying to stay healthy after my transplant

Special Healthcare Concerns (e.g., impact of religious/cultural practices): I can’t attend church until I get past 6 months after my transplant and I am afraid of getting an infection while I recovering from my transplant

Health Goals: Stay healthy, not get infections or COVID

Familial Risk Factors (Indicate Relationship): Diabetes: None Thyroid (Specify): None Strokes: Paternal Grandfather

Tuberculosis: None Heart Disease: My Dad High BP: My Dad Epilepsy: None

Kidney Disease: None Cancer: Me and my husband Mental Illness: None Other:

Prescribed Medications: Drug: Dose: Times (circle last dose):

CellCept 500 mg 2 tabs TIC last taken at noon Take regularly: every day Purpose: immunosuppression Side Effects/Problems: makes me a bit nauseated

 Magnesium Oxide 400 mg PO QID last taken at noon replace loss from cellcept no problems

 Letermovir 480 mg Tab daily last taken 0800 TO prevent CMV makes me nauseated

 Zofran 8 mg PO BID last taken at noon for nausea

Nonprescription Drugs: OTC Drugs: Tylenol as needed for fever, pain Street Drugs: none Tobacco: none

Smokeless Tobacco: None Alcohol (amount and frequency): None

Use of Herbal Supplements (Specify): None

Admitting Diagnosis per Provider: Clinic Visit not inpatient

Reason per Client: Bi weekly check up and labs to make sure I don’t get GVHD

History of Current Complaint: 2 weeks out from discharge from allogeneic transplant

Client Expectations of this Hospitalization: N/A

Previous Illnesses and/or Hospitalization/ Surgeries:

2 port placements,9 bone marrow biopsies

Admitted : 6/25/2024, 6/14/24,5/17/2024, 5/2/2024, 4/13/2024, 3/22/2024, 3/7/2024, 1/19/2024

Evidence of Failure to Improve: NA Last Complete Physical Examination: Today

# Ego Integrity

*Subjective (Reports)*

What kind of person are you (positive, negative, etc.)? Positive and a bit cynical How would you rate your self-esteem? 8 (1-10 with 10 the highest)

Why? I hate being bald and wigs itch. I miss my hair

What are your problematic moods: Depressed: Guilty: Unreal: Ups/Downs: X

Apathetic: Detached: Separated from the world: Other:

Are you a nervous person? No Are you feeling easily hurt? No Report of Stress Factors: Having cancer and a transplant

Previous patterns of handling stress: Went to church and prayed

Financial Concerns: cost of meds but the social worker helps me with grants Relationship Status: married

Work History/Military Service: Worked full-time until December of 2023 when diagnosed with cancer

Cultural Factors: Creole I like spicy foods and fresh vegetables Religion: Baptist Practicing: Yes

Lifestyle: I live with my husband and spend time with my family Recent Changes: Allogeneic transplant

Significant Losses/Changes (date): I have CANCER and just had a transplant Stages of Grief/Manifestation of Loss: I am not grieving

Feelings of: Helplessness: None Hopelessness: None Powerlessness: At times because who has power over cancer?

*Objective (Exhibits)*

Emotional Status (check all that apply): Calm: **X** Friendly **X** Cooperative **X** evasive: No Anxious: No

Angry/Hostile: No Withdrawn: No Fearful: No Irritable: No Restive: No Passive: No Dependent: No

Euphoric: No Other (Specify):

Defense Mechanisms: Projection: Denial Undoing: : **X** Rationalization: Repression:

Passive-aggressive: **X** Sublimation: Intellectualization: Somatization: Reaction Formation:

Identification: Introjection: Isolation: Displacement: Regression: Substitution:

Consistency of Behavior: Verbal: consistent Nonverbal: consistent Characteristics of Speech: pattern appropriate throughout the examination