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NURSING CARE APPROACH TO PATIENTS WITH CHEST PAIN

By
Patista Joseph

Introduction

A 65-year-old female with Hx of HTN, Hyperlipidemia, and recent immobilization due to surgery came to the ED with a sudden onset of chest pain and shortness of breath, increased heart rate and tachypnea, hypotension BP 90/60mmHg, SPO2 85% RA, temperature 37.0.

GCS 13/15. E-4,V-4,M-5. Reports nausea and vomiting 4 times in the past 3 hours No known allergies recorded and has no history of substance abuse



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Assessment	Nursing Diagnosis	Goal/Desired Outcome	Intervention	Rationale	Evaluation
A 65-year-old female with Hx of HTN, Hyperlipidemia, and recent immobilisation due to surgery came to the ED with sudden onset of chest pain and shortness of breath, increased heart rate and tachypnea, hypotension BP- 90/60mmHg, SPO2 85% RA, T 37.0°C GCS 13/15. E-4,V-4,M-5. nausea and vomiting,	Impaired cerebral perfusion related to reduced oxygen supply to the brain evidenced by low bps- 90/60mmhg	Restore circulation with target MAP of above 65	<p>Restore normal fluid balance. Administer electrolyte replacements as prescribed; monitor intake and output; note decreased urinary output and positive fluid balance on 24-hour calculations; and administer oral fluids with caution</p> <p>Initiate vasopressors and inotropes</p>	Ensure proper Brain tissue perfusion and other vita organs	Restored the Normal BP to 120/80 in 4 hours with MAP of 93

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		Reduce respiratory effort	Keep the patient calm	Reduced oxygen demand by active musculoskeletal functions	Respiratory rate and shortness of breath improved

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Assessment	Nursing Diagnosis	Goal/Desired Outcome	Intervention	Rationale	Evaluation
A 65-year-old female with Hx of HTN, Hyperlipidemia, and recent immobilization due to surgery came to the ED with sudden onset of chest pain & SOB, tachycardia and tachypnea, hypotension BP- 90/60mmHg, SPO2 85% RA, T= 37.0°C GCS 13/15. E- 4,V-4,M-5. nausea and vomiting,	Risk for aspiration related to reduced GCS of 13/15	Prevent aspiration	Patient is put in sitting up position of above 45%.	Protect the airway	
			Pass the NGT	For feeding	

References

- <https://www.nursetogether.com/chest-pain-angina-nursing-diagnosis-care-plan/>
- <https://simplenursing.com/chest-pain-nursing-care-plan/>
- <https://nurseslabs.com/category/nursing-care-plans/>
- <https://www.youtube.com/watch?v=6Z3N2aEDSLU&t=304s>
- NANDA

Thank you



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