

**WARM UP:**

Diagnose – verb  
Diagnosis - noun

Scan – verb / noun

**TODAY:** Planning

- 1 *Discuss the case notes in general*
- 2 *Groups: plan the letter: **paragraphs** / **choose case notes***
- 3 *Produce detail plan (if time)*

Homework: Write the Introduction

**Notes:**

You are a ward nurse in the cardiac unit of Greenville Public Hospital. Your patient, Ms Martin, is due to be discharged tomorrow.

**Patient:** Ms Margaret Helen Martin  
**Address:** 23 Third Avenue, Greenville  
**Age:** 81 years old (DOB: 25 July 1935)  
**Admission date:** 15 July 2017

**Social/family background:**

Never married, no children  
 Lives in own house in Greenville  
 Financially independent  
 Three siblings (all unwell) and five nieces/nephews living in greater Greenville area  
 Contact with family intermittent  
 No longer drives  
 Has 'meals on wheels' (meal delivery service for elderly) – Mon-Fri (lunch and dinner), orders frozen meals for weekends

**Diagnosis:** Coronary artery disease (CAD), angina

**Treatment:** Angioplasty (repeat – first 2008)

**Discharge date:** 16 July 2017, pending cardiologist's report

**Medical information:**

Coeliac disease  
 Angioplasty 2008  
 Anxious about health – tends to focus on health problems  
 Coronary artery disease → aspirin, clopidogrel (Plavix)  
 Hypertension → metoprolol (Betaloc), ramipril (Tritace)

Hypercholesterolemia (8.3) → atorvastatin (Lipitor)  
 Overweight (BMI 29.5)  
 Sedentary (orders groceries over phone to be delivered, neighbour walks dog)  
 Family history of coronary heart disease (mother, 2 of 3 brothers)  
 Hearing loss – wears hearing aid

**Nursing management and progress during hospital stay:**

Routine post-operative recovery  
 Tolerating light diet and fluids  
 Bruising at catheter insertion site, no signs of infection/bleeding noted post-procedure  
 Pt anxious about return home, not sure whether she will cope

**Discharge plan:**

**Dietary**  
 Low-calorie, high-protein, low-cholesterol, gluten-free diet (supervised by dietitian, referred by Dr)  
 Frequent small meals or snacks  
 Drink plenty of fluids

**Physiotherapy**  
 Daily light exercise (e.g., 15-minute walk, exercise plan monitored by physiotherapist)  
 No heavy lifting for 12 weeks

**Other**  
 Monitor wound site for bruising or infection  
 Monitor adherence to medication regime  
 Arrange regular family visits to monitor progress

**Anticipated needs of Pt:**

Need home visits from community health/district nurse – monitor adherence to post-operative medication, exercise, dietary regime  
 Regular monitoring by Dr, dietitian, physiotherapist  
 ? Danger of social isolation (infrequent family support)

**Writing Task:**

Using the information in the case notes, write a letter to the Nurse-in-Charge of the District Nursing Service outlining Ms Martin's situation and anticipated needs following her return home tomorrow. Address the letter to Nurse-in-Charge, District Nursing Service, Greenville Community Health Care Centre, 88 Highton Road, Greenville.

**GROUP TASK:**

1. Decide on the paragraph structure
2. Decide on what information we should include in the letter
3. Decide on where we can summarise and where we need detail

↓  
 Make smaller

↓  
 Give all info

Note: I will share the screen into the rooms so you don't need a copy of the case notes today.

Notes:

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**PLAN:**

Introduction purpose

?

?

?

Requests details of what the reader will do

PLAN:

Introduction	<ul style="list-style-type: none"> <li>Monitoring</li> </ul>
Timeline	<p>Summarise:</p> <ul style="list-style-type: none"> <li>15<sup>th</sup> July angioplasty (2<sup>nd</sup> one)</li> <li>Good progress post op</li> <li>Anxiety</li> <li>Bruising at catheter</li> </ul>
Background	<p>Detail:</p> <ul style="list-style-type: none"> <li>Lives on her own</li> <li>Intermittent contact with family</li> <li>'meals on wheels': Mon-Fri / Ready meals: weekend</li> <li>Hearing loss</li> <li>High cholesterol, etc.</li> <li>Medication: only names</li> <li>Or: 'She is taking medication for _____, _____, _____'</li> <li>BMI</li> <li>Sedentary lifestyle</li> <li>Coeliac disease</li> </ul>
Requests	<ul style="list-style-type: none"> <li>Monitor wound</li> <li>Monitor medication (post op)</li> <li>Arrange regular fam visits</li> <li>Monitor diet / 'there is a dietician'</li> <li>Monitor exercise / 'there is a physiotherapist'</li> </ul>

## SUMMARY / DETAIL

**So... tell me about your date last night?**

Well, we went to the restaurant, and I had a fantastic salad. There was green and red lettuce and some red onions. There were very tasty tomatoes and an incredible dressing. The crotons were lovely as well and the chef had seasoned the salad perfectly. We had a nice time and I left.

Why is that strange?