

Today: Introduction Paragraphs

1 Review

2 Grading and commenting on your writing

3 Next assignment...

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.

Monday: You started the plan...

Introduction	<ul style="list-style-type: none"> • Patient name: Margaret Helen Martin • General Medical Context: Recovering from angioplasty • General Request: Follow up care at home
Background	<p><i>1. visit alone</i></p> <p>Social/family background:</p> <ul style="list-style-type: none"> Never married, no children Lives in own house in Greenville Financially independent <i>family</i> → Three siblings (all unwell) and five nieces/nephews living in greater Greenville area ✓ ? Contact with family intermittent - <i>req.</i> <i>Summary</i> → No longer drives Has 'meals on wheels' (meal delivery service for elderly) - Mon-Fri (lunch and dinner), orders frozen meals for weekends <p>Medical information:</p> <ul style="list-style-type: none"> 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 (B.3) → atorvastatin (Lipitor) <i>names</i> 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) <u>Hearing loss - wears hearing aid</u> <p>Admission date: 15 July 2017</p>
Admission / Treatment	<p>Diagnosis: Coronary artery disease (CAD), angina</p> <p>Treatment: Angioplasty (repeat - first 2008)</p> <p>Nursing management and progress during hospital stay:</p> <ul style="list-style-type: none"> ✓ 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
Request - physio / dietitian	<p>Discharge plan:</p> <p>Dietary</p> <ul style="list-style-type: none"> ✓ Low-calorie, high-protein, low-cholesterol, gluten-free diet (<i>supervised by dietitian; referred by Dr</i>) ✓ Frequent small meals or snacks ✓ Drink plenty of fluids <p>Physiotherapy</p> <ul style="list-style-type: none"> ✓ Daily light exercise (e.g., 15-minute walk, exercise plan monitored by physiotherapist) ✓ No heavy lifting for 12 weeks <p>Regular monitoring by Dr. dietitian, physiotherapist ✓</p>
Request - me	<p>Other</p> <ul style="list-style-type: none"> Monitor wound site for bruising or infection Monitor adherence to medication regime Arrange regular family visits to monitor progress → ? Danger of social isolation (infrequent family support)

Original	Corrections
<p>15th July 2024</p> <p>Nurse in-charge, District Nursing Services, Greenville Health Care Centre, 88 Highton Road, Greenville.</p> <p>Dear Nurse,</p> <p>RE: Ms. Margaret Helen Martin, BOB: 25 July 1935</p> <p>I am writing regarding Ms. Margaret Helen Martin, who was admitted to our hospital for a angioplasty following an ongoing cause of coronary artery disease. She is schedule to be discharged tomorrow and now requires care and support.</p>	<p>15th July 2024 <u>Title</u></p> <p>Nurse in-<u>C</u>harge District Nursing Services Greenville Health Care Centre 88 Highton Road Greenville</p> <p>Dear Nurse,</p> <p>RE: Ms. Margaret Helen Martin, <u>DOB</u>: 25 July 1935</p> <p>I am writing regarding Ms Margaret Helen Martin, who was admitted to our hospital for an angioplasty following an ongoing cause of coronary artery disease. She is scheduled to be discharged tomorrow and now requires <u>care and support</u>.</p> <p>C+ level? Absolutely</p>

<p>16th July 2017</p> <p>Nurse In Charge District Nursing Service Greenville Community Health Care Centre 88 Highton Road Greenville</p> <p>Re: Ms Margaret Helen Martin, aged 81</p> <p>Dear Nurse, I am writing regarding Ms Martin, who underwent an angioplasty. She is scheduled to be discharged tomorrow, and now requires your follow up care and monitoring.</p>	<p>15th July 2017</p> <p>Nurse-In-Charge District Nursing Service Greenville Community Health Care Centre 88 Highton Road Greenville</p> <p>Re: Ms Margaret Helen Martin, aged 81</p> <p>Dear Nurse, I am writing regarding Ms Martin, who underwent an angioplasty. She is scheduled to be discharged tomorrow, and now requires your follow-up care and monitoring.</p> <p>Support = help Monitoring = checking (which is help)</p> <p>Grade: B</p>
<p>Nurse-in-Charge District Nursing Service Greenville Community Health Care Centre 88 Highton Road Greenville</p> <p>15 July 2017</p> <p>Dear Nurse, RE: Margaret Helen Martin DOB: 25.07.1935</p>	<p>Nurse-in-Charge District Nursing Service Greenville Community Health Care Centre 88 Highton Road Greenville</p> <p>15 July 2017</p> <p>Dear Nurse, RE: Margaret Helen Martin, DOB: 25.07.1935</p>

<p>I am writing regarding Ms Martin, who was admitted to our hospital due to coronary artery disease. She is scheduled to be discharged tomorrow, pending a cardiologist's report, and now requires your monitoring and ongoing post-operative care.</p> <p>Waiting.... awaiting.... depending on</p>	<p>I am writing regarding Ms Martin, who was admitted to our hospital due to coronary artery disease. She is scheduled to be discharged tomorrow, pending a cardiologist's report, and now requires your monitoring and ongoing post-operative care.</p> <p>OET do not say what should be in the Intro except for...</p> <p>PURPOSE</p>
<p>16th July 2017 Nurse-in-Charge District Nursing Service Greenville Community Health Care Centre 88 Highton Road Greenville</p> <p>Re: Ms Margaret Helen Martin DOB: aged 81</p> <p>I am writing regarding Ms Margaret Helen Martin, who was admitted to our hospital due to an angioplasty. She is scheduled to be discharged depending on cardiologist's report and will require your further care.</p> <p>For = planned things like (surgery, discharge, check-up, etc.)</p> <p>Due to / as result of = accident, injury, symptoms, condition, etc.</p>	<p>16th July 2017</p> <p>Nurse-in-Charge District Nursing Service Greenville Community Health Care Centre 88 Highton Road Greenville</p> <p>Re: Ms Margaret Helen Martin, aged 81</p> <p>Dear Sir or Madam</p> <p>I am writing regarding Ms Margaret Helen Martin, who was admitted to our hospital for an angioplasty. She is scheduled to be discharged depending on the cardiologist's report and will <u>require</u> your further care.</p> <p><u>now requires</u> ✓</p> <p>Care = help, monitor, <u>support</u></p> <p>Ver general word</p>

