

- 1 Stages of Planning
- 2 Groups
- 3 Produce a Class plan

Format:

~~5 mins Reading only~~

← This is misleading

~~40 mins Writing~~

- Actually planning should be about 10 mins
- 30 mins writing
- 5 mins to check writing

What do we first for planning?

Steps of Planning

| 1 Understand | 2 Choose Case Notes | 3 Organise in Paras | | | | | |
|---|--|---|--------------|------------------------------|--------------------|------------|----------|
| <ol style="list-style-type: none"> 1. Who is Reader? <u>Task?</u> 2. Who am I? (Writer) Task? 3. Does Read know patient? (If yes, then no Background) 4. Is it urgent? (If yes, organise paragraphs also 'urgent' in Introduction) 5. Why am I writing today? (Makes your understand the situation). <p>Go deeper!</p> <p>How requires urgent assessment</p> | <p>Choose <u>relevant</u> information from case notes...</p> <p>Do tell us what they mean 'relevant'?</p> <p>Yes</p> <p>Suitable, <u>helpful</u>, might be good, useful - SOME</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Content</p> <p>Content is <u>appropriate</u> to intended reader and addresses what is <u>needed</u> to continue care (key information is included; no important details missing); content from case notes is accurately represented</p> </div> <p>Important, required, <u>essential</u>, necessary - ALL</p> | <p>Paragraphs:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Introduction</td> </tr> <tr> <td style="padding: 5px;">Timeline: story of admission</td> </tr> <tr> <td style="padding: 5px;">Nursing Management</td> </tr> <tr> <td style="padding: 5px;">Background</td> </tr> <tr> <td style="padding: 5px;">Requests</td> </tr> </table> | Introduction | Timeline: story of admission | Nursing Management | Background | Requests |
| Introduction | | | | | | | |
| Timeline: story of admission | | | | | | | |
| Nursing Management | | | | | | | |
| Background | | | | | | | |
| Requests | | | | | | | |

Read the case notes and complete the writing task which follows.

Notes:

Assume that today's date is 27 May 2019.

You are a **charge nurse** working in the surgical ward of Longford General Hospital. A male patient was admitted to your unit for open stent graft surgery.

PATIENT DETAILS:

Name: Robert England (Mr)
DOB: 09 Nov 1957 (62 y.o.)
Address: 76 Laburnum Close, Longford
Next of kin: Wife, Anna (60 y.o.), no children

Social background:

Recently retired wine waiter - now works **freelance** as wine taster
Interests: gardening, cooking, reading, TV, travel
Sedentary lifestyle

Past medical history:

Current BMI 29.5 (overweight – borderline obese)
High-fat, high-salt diet & 'lots of red meat'
Ex heavy smoker (30 cigs/day) - quit 55 y.o.
Moderate alcohol intake (2 glasses wine/day w. meals)
Hypertension diag. 2017

Family history: Father dec. 57 y.o. - ruptured AAA (abdom. aortic aneurysm)
Mother dec. 83 y.o. - Alzheimer's

Current medications:

Verapamil (80mg 3x/day) - hypertension

Hospital admission: 19 May 2019

Presenting problem:

Lower back pain, pulsing sensation & generalised abdominal pain
Full blood count/ liver function test – unremarkable
Ultrasound
CT abdomen with contrast → large (7cm) AAA (Abdominal Aortic Aneurysm)

Diagnosis: AAA (Abdominal Aortic Aneurysm)
Need for urgent stent graft surgery

Medical treatment:

20 May 2019 Stent graft surgery (open)
Pt transferred →ICU for 48 hrs post-op

Nursing management:

Indwelling Foley catheter in situ
Wound drain (Redivac) in situ
PCA (patient-controlled analgesia) device in situ
Mepore dressing on surgical site (dissolvable sutures)
Need to observe for DVT risk & check breathing – pt. in upright position
IV antibiotics (Cefazolin 2g pre-op, 1g intra-op)

Assessment: Good progress: vital signs within normal range

27 May 2019

Pt instructed in necessary lifestyle changes:

- Intake of alcohol, animal fats, fried foods, salt
- Dietary fibre
- Achieve & maintain optimal weight (?referral to dietician)
- No weight-bearing/strenuous exercise (→6 wks.)
- Gentle exercise, gradually ↑
- No driving →4 wks.

Pt discharged w. low-dosage aspirin
Community nurse home visits arranged (1x/day →1 wk.)

Discharge plan: Community nurse to monitor breathing, cleanse & dress wound, check vital signs
Check compliance w. lifestyle advice
NB Review 30 May 2019 in Outpatients Dept.

Plan: Write to Community Nursing Service

Writing Task:

Using the information given in the case notes, write a letter to Mrs Moore, Head of the Community Nursing Service. In your letter, briefly outline Mr England's condition, medication and recommended **follow-up care**. Address your letter to Mrs Fiona Moore, Head of the Community Nursing Service, 26 Park Road, Longford.

In your answer:

- Expand the relevant notes into complete sentences
- Do not use note form
- Use letter format

Link: <https://drive.google.com/file/d/1MQ6Yh3wcUSQ5SvG71IL29zrEmDz73m5w/view?usp=sharing>

Assignment:

Write the Introduction only and email to paul@set-english.com / alain@set-english.com

| | |
|---------------------|--|
| Introduction | <ul style="list-style-type: none">• Purpose: follow-up care. |
| Timeline | <p>Past</p> <ul style="list-style-type: none">• Mr England admitted 19th May• pain in his abdomen / lower back• Diagnosis: abdominal aortic aneurysm• stent graft surgery• good progress• vital signs normal range |
| Management | <p>Present Perfect:</p> <ul style="list-style-type: none">• He has been advised reduce alcohol, fat and salt intake• increase his fibre consumption• refrain from driving 4 weeks• heavy exercise 6 weeks.• encouraged to start gentle exercise (gradually increased)• Aspirin? |
| Background | <p>Current medications:</p> <ul style="list-style-type: none">• Verapamil (80mg 3x/day) - hypertension• Lifestyle <p>How much time do I have?</p> |
| Requests | <ul style="list-style-type: none">• Mr England with care and monitoring / daily / one week• clean and dress his wound• check his vital signs especially breathing• compliance with lifestyle advice• review on 30th May Outpatient Department (consultation)• referral to a dietitian maybe |