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

Format:

5 mins Reading only

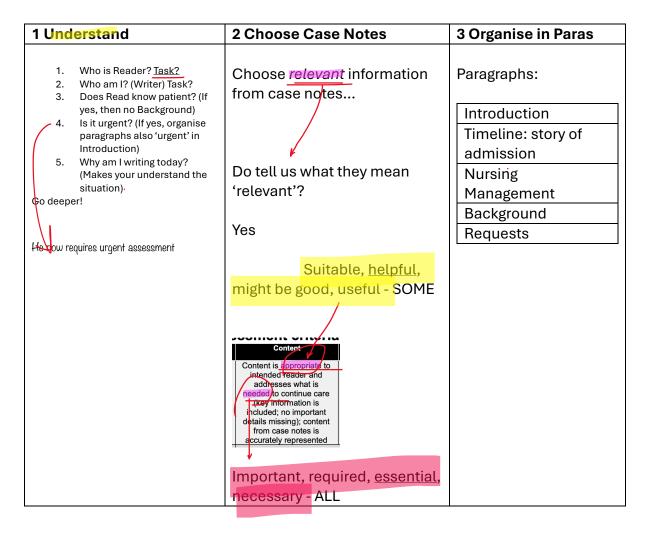
——— This is misleading

40 mins Writing

- Actually <u>planning</u> should be about 10 mins
- 30 mins writing
- 5 mins to check writing

What do we first for planning?

Steps of Planning



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

PATIENT DETAILS:

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 & flots 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)

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

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)

Good progress: vital signs within normal range Assessment:

27 May 2019

- Pt instructed in necessary lifestyle changes:

 jintake of alcohol, animal fats, fried foods, salt
- Tiletary fibre
 Achieve & maintain optimal weight (?referral to dietician)
 No weight-bearing/strenuous exercise (—6 wks.)
 Gentle exercise, gradually †

No weight-bearing/stree
 Gentle exercise, grade
 No driving →4 wks.

Pt discharged w. low-dosage <u>aspirin</u>

Community nurse home visits <u>arranged</u> (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.

Write to Community Nursing Service

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.

Writing Task:

- 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 /

english.com

Introduction	Purpose: follow-up care.
Timeline	 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	Present Perfect: • 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	Current medications: Verapamil (80mg 3x/day) - hypertension Lifestyle Hoe much time do I have?
Requests	 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