

NR 509 Week 2 Shadow Health Respiratory Physical Assessment|Completed|ALL TABS INCLUDED:Chamberlain College Of Nursing

written by

proficient



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Respiratory Results | Turned In

Advanced Health Assessment - Chamberlain, NR509-April-2018

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Started: May 11, 2018 | Patient Exam Time: 168 min

All Lines (177) Interview Questions (91) Statements (21) Exam Actions (65)



Hello my name sara an FNP student and I will be interviewing you today.

Greet
05/11/18 12:39 PM
CDT



Hey.



Can you please state your name for me?

Question
05/11/18 12:39 PM
CDT



Tina Jones.



Your date of birth?

Question
05/11/18 12:39 PM
CDT



February 17th.



Year of birth please? (Clarified to What year were you born.)

Question
05/11/18 12:40 PM
CDT



I was born in . . . [Ms. Jones reports correct birth year.] [AUDIO COMING SOON]



How old are you ms. Jones? (Clarified to how old are you.)

Question

05/11/18 12:40 PM

CDT



I'm 28.



What brings you in today?

Question

05/11/18 12:41 PM

CDT



I came in because I've been having breathing problems, and my inhaler just isn't working the way it normally does.



Why did you decide to seek treatment?

Question

05/11/18 12:42 PM

CDT



I came in because I've been having breathing problems, and my inhaler just isn't working the way it normally does.



I'm sorry to hear that you're having breathing problems.

Empathize

05/11/18 12:42 PM

CDT



Thanks for saying that.



What medical problems do you have?

Question

05/11/18 12:43 PM

CDT



Well. . . I've had asthma since I was really little, though for a while there it wasn't really much of a problem. And I have sugar diabetes, too.



What medication do you use for asthma?

Question

05/11/18 12:53 PM

CDT



It's just a regular Proventil inhaler.



How often do you use your Proventil inhaler?

Question

05/11/18 12:53 PM

CDT



I've been using it probably every. . . four hours or so, I'd say.



When did your symptoms start?

Question

05/11/18 12:53 PM

CDT



I don't know if I'd call it an asthma attack, but my asthma started acting up two days ago at my cousin's house. She has cats, and I'm allergic, so I'm used to it being a problem there, but usually the inhaler fixes it. . . it doesn't feel totally under control, though.



I'm sorry you're having difficulty with your breathing problems.



Thanks.



How long have you had breathing problems?

Question

05/11/18 12:56 PM

CDT



My breathing's been acting up off and on for the past two days.



How frequent are your shortness of breath episodes?

Question

05/11/18 12:56 PM

CDT



Maybe as much as every four hours? It's a lot.



And how long do your shortness of breath episodes last? (Clarified to how long does an episode last.)

Question

05/11/18 12:57 PM

CDT



I haven't had a full attack in years, but usually once I use my inhaler it only takes a minute or two for my breathing to go back to normal. . . that's not what's been happening recently, though.



How long did your last episode last?

Question

05/11/18 1:00 PM

CDT



I haven't had a full attack in years, but usually once I use my inhaler it only takes a minute or two for my breathing to go back to normal. . . that's not what's been happening recently, though.



How many times have you had breathing problems in the past 2 days?

Question

05/11/18 1:02 PM

CDT



Well. . . it's kind of hard to count because my breathing's been at least a little bad most of the past two days, but it's really acted up, like with wheezing and everything, probably every four hours or so--like five times each day.



Is your asthma keeping you up at night?

Question

05/11/18 1:04 PM
CDT



My asthma doesn't usually wake me up, but it has the past couple nights.



How severe are your symptoms? (Clarified to How bad was your asthma attack.)

Question

05/11/18 1:05 PM
CDT



My asthma used to be really scary. I haven't had a full attack in years, and if you had asked me before this I would have said my asthma wasn't that bad anymore, but the last couple days I've had a lot of trouble breathing.



How severe is your asthma?

Question

05/11/18 1:06 PM
CDT



My asthma used to be really scary. I haven't had a full attack in years, and if you had asked me before this I would have said my asthma wasn't that bad anymore, but the last couple days I've had a lot of trouble breathing.



Is there anything you can't do because of your asthma?

Question

05/11/18 1:07 PM
CDT



There usually isn't anything I can't do because of my asthma. . . I guess I try to avoid things that make my breathing worse, but that's about it. The past couple days, though, it's been hard to do anything.



Do you wheeze during an asthma exacerbation?

Question

05/11/18 1:09 PM
CDT



During a full attack, I would wheeze a lot, like I couldn't breathe at all, but until the past couple days, I would usually just wheeze a little when I had breathing problems.



Are you having any chest tightness?

Question

05/11/18 1:10 PM
CDT



It's not so bad right this second, but it's been pretty tight lately, like I can't take in air.



Have you been coughing?

Question

05/11/18 1:10 PM

CDT



I've been coughing a lot, yeah.



How long have you had the cough?

Question

05/11/18 1:11 PM

CDT



Since my asthma acted up two days ago.



How would you describe the cough?

Question

05/11/18 1:11 PM

CDT



Um... I guess I'd describe it as a small, dry cough.



What makes your cough better?

Question

05/11/18 1:11 PM

CDT



Drinking some water helps a little, as long as the water isn't too cold.



Have you tried to treat your cough?

Question

05/11/18 1:12 PM

CDT



I haven't taken medicine for it or anything.



Is your asthma worse at night?

Question

05/11/18 1:13 PM

CDT



It has been the past couple nights, yeah.



Does lying on your back make your asthma worse?

Question

05/11/18 1:14 PM

CDT



Just recently lying on my back has definitely made my breathing worse.



To try to help your breathing you may want to elevate your head with two pillows.

Educate

05/11/18 1:14 PM

CDT



OK, I understand.



Inspected anterior chest wall

Exam Action
05/11/18 1:36 PM
CDT

Inspected anterior chest wall

Exam Action
05/11/18 1:43 PM
CDT

Inspected left side chest wall

Exam Action
05/11/18 1:43 PM
CDT

Inspected anterior chest wall

Exam Action
05/11/18 1:44 PM
CDT

Inspected right side chest wall

Exam Action
05/11/18 1:44 PM
CDT

Inspected anterior chest wall

Exam Action
05/11/18 1:44 PM
CDT

Palpated chest expansion: Both sides rise symmetrically

Exam Action
05/11/18 1:46 PM
CDTPalpated fremitus in anterior upper chest wall: Equal bilaterally,
expected vibration**Exam Action**
05/11/18 1:48 PM
CDT

Ninety-nine.

Palpated fremitus in anterior lower chest wall: Equal bilaterally,
expected vibration**Exam Action**
05/11/18 1:48 PM
CDT

Ninety-nine.

Palpated fremitus in posterior upper chest wall: Equal bilaterally,
expected vibration**Exam Action**
05/11/18 1:50 PM
CDT

Ninety-nine.

Exam Action
05/11/18 1:50 PM
CDT



Palpated fremitus in posterior middle chest wall: Equal bilaterally, expected vibration



Ninety-nine.



Palpated fremitus in posterior lower chest wall: Equal bilaterally, expected vibration

Exam Action
05/11/18 1:50 PM
CDT



Ninety-nine.



Percussed anterior left upper lobe

Exam Action
05/11/18 1:52 PM
CDT



Percussed anterior right upper lobe

Exam Action
05/11/18 1:52 PM
CDT



Percussed anterior left mid-chest (upper lobe)

Exam Action
05/11/18 1:52 PM
CDT



Percussed anterior right middle lobe

Exam Action
05/11/18 1:52 PM
CDT



Percussed anterior left lower lobe

Exam Action
05/11/18 1:52 PM
CDT



Percussed anterior right lower lobe

Exam Action
05/11/18 1:52 PM
CDT



Percussed posterior right upper lobe

Exam Action
05/11/18 1:53 PM
CDT



Percussed posterior left upper lobe

Exam Action
05/11/18 1:53 PM
CDT



Percussed posterior right mid-back (lower lobe)

Exam Action
05/11/18 1:53 PM
CDT



Percussed posterior left mid-back (lower lobe)

Exam Action
05/11/18 1:53 PM
CDT

Exam Action
05/11/18 1:54 PM
CDT

Exam Action
05/11/18 1:55 PM
CDT

Exam Action
05/11/18 1:55 PM
CDT

Exam Action
05/11/18 1:55 PM
CDT

Exam Action
05/11/18 1:56 PM
CDT



Auscultated breath sounds in posterior left upper lobe



Auscultated breath sounds in posterior left mid-back (lower lobe)

Exam Action
05/11/18 1:56 PM
CDT



Auscultated breath sounds in posterior right mid-back (lower lobe)

Exam Action
05/11/18 1:56 PM
CDT



Auscultated breath sounds in posterior right lower lobe

Exam Action
05/11/18 1:57 PM
CDT



Auscultated breath sounds in posterior left lower lobe

Exam Action
05/11/18 1:57 PM
CDT



Auscultated breath sounds in posterior left lower lobe on side

Exam Action
05/11/18 1:57 PM
CDT



Auscultated breath sounds in posterior left lower lobe near spine

Exam Action
05/11/18 1:57 PM
CDT



Auscultated breath sounds in posterior right lower lobe near spine

Exam Action
05/11/18 1:57 PM
CDT



Auscultated breath sounds in posterior right lower lobe on side

Exam Action
05/11/18 1:57 PM
CDT



Auscultated voice sounds in anterior left upper lobe

Exam Action
05/11/18 2:01 PM
CDT



Ninety-nine.



Ninety-nine.



Auscultated voice sounds in anterior right upper lobe

Exam Action
05/11/18 2:01 PM
CDT



Ninety-nine.



Ninety-nine.



Ninety-nine.



Auscultated voice sounds in anterior left upper lobe

Exam Action
05/11/18 2:01 PM
CDT

Auscultated voice sounds in anterior left mid-chest (upper lobe)

Exam Action
05/11/18 2:01 PM
CDT

Ninety-nine.



Auscultated voice sounds in anterior right middle lobe

Exam Action
05/11/18 2:01 PM
CDT

Auscultated voice sounds in anterior right lower lobe

Exam Action
05/11/18 2:01 PM
CDT

Ninety-nine.



Auscultated voice sounds in anterior left lower lobe

Exam Action
05/11/18 2:01 PM
CDT

Ninety-nine.



Ninety-nine.



Ninety-nine.



Auscultated voice sounds in posterior right upper lobe

Exam Action
05/11/18 2:01 PM
CDT

Ninety-nine.



Auscultated voice sounds in posterior left upper lobe

Exam Action
05/11/18 2:01 PM
CDT



Ninety-nine.



Auscultated voice sounds in posterior right mid-back (lower lobe)

Exam Action05/11/18 2:02 PM
CDT

Ninety-nine.



Auscultated voice sounds in posterior left mid-back (lower lobe)

Exam Action05/11/18 2:02 PM
CDT

Ninety-nine.



Auscultated voice sounds in posterior right lower lobe

Exam Action05/11/18 2:02 PM
CDT

Ninety-nine.



Auscultated voice sounds in posterior left lower lobe

Exam Action05/11/18 2:02 PM
CDT

Ninety-nine.



Auscultated voice sounds in posterior left lower lobe on side

Exam Action05/11/18 2:02 PM
CDT

Ninety-nine.



Auscultated voice sounds in posterior left lower lobe near spine

Exam Action05/11/18 2:02 PM
CDT

Ninety-nine.



Auscultated voice sounds in posterior right lower lobe near spine

Exam Action05/11/18 2:02 PM
CDT

Ninety-nine.

Exam Action
05/11/18 2:02 PM
CDT



Auscultated voice sounds in posterior right lower lobe on side



Ninety-nine.



Checked pulse oximetry using left hand

Exam Action
05/11/18 2:08 PM
CDT



Check pulse oximetry using right hand

Exam Action
05/11/18 2:08 PM
CDT



Checked spirometer

Exam Action
05/11/18 2:12 PM
CDT



Checked patient's inhaler

Exam Action
05/11/18 2:15 PM
CDT



Always make sure your inhaler is up-to-date

Educate
05/11/18 2:16 PM
CDT



Sure, I think I understand what you mean.



Make sure to read all instructions and store as indicated (No matching questions found.)

Question
05/11/18 2:16 PM
CDT



Make sure to read all instructions and store as indicated

Educate
05/11/18 2:17 PM
CDT



Alright, thanks for letting me know.



Always shake well before using.

Educate
05/11/18 2:17 PM
CDT



Thanks for telling me.



Also after every complete use you should always rinse out your mouth with water.

Educate
05/11/18 2:18 PM
CDT



That makes sense.



What medications do you take?

Question

05/11/18 2:19 PM
CDT



My inhaler is the only prescription I always have, but I usually don't need it everyday, except for recently. . .



When did you last use your inhaler?

Question

05/11/18 2:20 PM
CDT



I had to use it early this morning.



How is your inhaler prescribed?

Question

05/11/18 2:20 PM
CDT



Yes.



How often is your inhaler prescribed?

Question

05/11/18 2:21 PM
CDT



Yes.



How many times have you use your inhaler in the past 2 days?

Question

05/11/18 2:21 PM
CDT



I've been needing my inhaler about every four hours, I'd say.



How many puffs every 4 hours? (Clarified to how many puffs of your inhaler are you prescribed.)

Question

05/11/18 2:22 PM
CDT



I'm supposed to just do two puffs. [Nurse confirmed with Pharmacy: albuterol 90mcg/spray MDI]



How many puffs are you doing?

Question

05/11/18 2:22 PM
CDT



I'm supposed to just do two puffs. [Nurse confirmed with Pharmacy: albuterol 90mcg/spray MDI]



Make sure to follow the Proventil instructions as prescribed

Educate

05/11/18 2:22 PM

CDT



Thanks for telling me.



Are you taking any other medications?

Question

05/11/18 2:23 PM

CDT



No, all I really use is my inhaler.



You take any over-the-counter medications?

Question

05/11/18 2:24 PM

CDT



I take Tylenol for a headache sometimes, or Advil for cramps, but not often.



How much Tylenol do you take?

Question

05/11/18 2:24 PM

CDT



I just take a couple. I usually get them at night from reading-- squinting I guess--and so I take one and go to bed. [Nurse confirmed with Pharmacy: 1-2x acetaminophen 500mg]



How much Advil do you take for cramps?

Question

05/11/18 2:25 PM

CDT



I take three at a time. And I'd bet I take it up to three times a day. [Nurse confirmed with Pharmacy: 3-4x ibuprofen 200mg]



Do you have any allergies?

Question

05/11/18 2:26 PM

CDT



Yeah, I'm allergic to cats.



Do you have any new allergies?

Question

05/11/18 2:27 PM

CDT



No, not that I know of.



When did your recent asthma problems start? (Clarified to What started your recent asthma problems? .)

Question

05/11/18 2:27 PM

CDT



This all started at my cousin's house. She has cats, and I'm allergic, so my asthma always goes crazy when I'm there.



Does being around dust trigger asthma?

Question

05/11/18 2:28 PM

CDT



Yeah, being around a lot of dust, especially hanging out in a really dusty house, can make my asthma act up.



Sorry to hear that about your asthma

Empathize

05/11/18 2:28 PM

CDT



Thanks for understanding.



Does climbing stairs trigger asthma?

Question

05/11/18 2:28 PM

CDT



Only when I'm in a rush and have to hurry up them.



Do you have seasonal allergy triggers? (Clarified to do you have seasonal allergies.)

Question

05/11/18 2:30 PM

CDT



A little while ago, I had some seasonal allergies, but it didn't really bother my asthma, and it's better now.



Does anything at work make your asthma worse?

Question

05/11/18 2:30 PM

CDT



Well. . . sometimes when there's dust at work it can make my asthma act up, but that doesn't happen very often.



Do you see an asthma specialist?

Question

05/11/18 2:31 PM

CDT



I used to go to Dr. Dewitt, but she moved her practice recently. Luckily she's still been able to call in refills of my inhaler, but I haven't actually been in to see her in about two years.



Educate

05/11/18 2:32 PM

CDT

Since you have asthma it is important to follow up on a regular basis with your asthma specialist



Alright, thanks for letting me know.



How long have you had asthma?

Question

05/11/18 2:50 PM

CDT



I've had asthma a long time. . . since I was really little.



How old were you when you were diagnosed with asthma?

Question

05/11/18 2:50 PM

CDT



My doctor told me when I was pretty little... I think I was about two and a half? I used to have a lot of trouble with asthma attacks back then.



Have you ever hospitalized for asthma?

Question

05/11/18 2:51 PM

CDT



I went a bunch of times when I was little, for asthma attacks.



When was the last time you were hospitalized for asthma?

Question

05/11/18 2:52 PM

CDT



I used to go to the hospital a lot for asthma attacks, but not since I was sixteen.



Have you ever been put on a breathing tube?

Question

05/11/18 2:53 PM

CDT



You mean like, did they ever have to put me on a breathing machine? No, I haven't had an asthma attack that serious.



Do you use a chart to monitor your asthma?

Question

05/11/18 2:54 PM

CDT



Not really. . .



Do you check your Peak flow regularly?

Question

05/11/18 2:54 PM

CDT



I've heard of that, but no, I don't do it.



Do you use a nebulizer?

Question

05/11/18 2:55 PM

CDT



No, but I have before.



We may consider a nebulizer for home treatments.

Educate

05/11/18 2:57 PM

CDT



That makes sense.



Also a way to track your asthma symptoms and episodes. (No matching questions found.)

Question

05/11/18 2:57 PM

CDT



Also a way to track your asthma symptoms and episodes.

Educate

05/11/18 2:57 PM

CDT



OK, I understand.



Sending you home with a peak flow meter and document regularly.

Question

05/11/18 2:58 PM

CDT



I've heard of that, but no, I don't do it.



We will also teach you how to use nebulizer at home.

Educate

05/11/18 2:59 PM

CDT



Sure, I think I understand what you mean.



How often do you change your sheets?

Question

05/11/18 3:00 PM

CDT



I change my bedding once a week, I'd say.



Do you exercise?

Question

05/11/18 3:01 PM

CDT



It's really not my thing. I get some exercise by being on my feet at work and walking around campus, that sort of thing. But jumping around in spandex is not my idea of a good time.



I completely understand

Empathize

05/11/18 3:01 PM

CDT



I appreciate you saying that.



Is important to walk regularly or have some sort of regular exercise on a weekly basis.

Educate

05/11/18 3:02 PM

CDT



Thanks for telling me.



Have you been able to exercise?

Question

05/11/18 3:02 PM

CDT



Well, I don't exercise, really. I mean, I'm active -- I'm on my feet all day -- but I don't go running or stuff like that. I bet I'd get winded pretty fast, and I'd probably need my inhaler.



I completely understand.

Empathize

05/11/18 3:02 PM

CDT



I appreciate you telling me that.



Have you noticed anything at home that aggravate your asthma?

Question

05/11/18 3:03 PM

CDT



My asthma's almost always fine at home. . . I don't think it's anything there that's been making my asthma act up. We keep it pretty neat and tidy.



I would like to recommend a hypoallergenic bedding set

Educate

05/11/18 3:03 PM

CDT



Sure, I think I understand what you mean.



Do you have pets at home?

Question

05/11/18 3:04 PM

CDT



No... I'm too busy to take care of a dog, and I can't have cats because of my allergies.



Does anyone smoke in your house?

Question

05/11/18 3:06 PM

CDT



No, nobody at home smokes.



If exposed to secondhand smoke it is definitely a Asthma trigger.

Educate

05/11/18 3:07 PM

CDT



Alright, thanks for letting me know.



Have you ever had eczema?

Question

05/11/18 3:07 PM

CDT



No, I don't have that kind of skin problem.



history of sinus problems? (Clarified to do you have a history of sinus problems?).

Question

05/11/18 3:08 PM

CDT



I don't really have a problem with my sinuses.



Do you have gastroesophageal reflux disease?

Question

05/11/18 3:09 PM

CDT



I don't know what that is, so I guess probably not?



Have you ever been diagnosed with COPD?

Question

05/11/18 3:09 PM

CDT



No.



Have you ever smoke cigarettes?

Question

05/11/18 3:12 PM

CDT



No, I've never done that. I think it's gross.



I'm glad you think that

Empathize
05/11/18 3:13 PM
CDT



Thanks for understanding.



Smoking is a known trigger for asthma

Educate
05/11/18 3:13 PM
CDT



OK, I understand.



Have you ever smoked marijuana

Question
05/11/18 3:13 PM
CDT



Well, I used to smoke pot. . . but I don't do that anymore.



When was the last time you smoke marijuana?

Question
05/11/18 3:13 PM
CDT



I haven't smoked pot since I was twenty or twenty-one.



Have you ever experimented with inhaled substances?

Question
05/11/18 3:14 PM
CDT



No, no way. That's a nasty thing to do.



Have you been sick recently?

Question
05/11/18 3:15 PM
CDT



No, I'm usually healthy.



Have you had any fever symptoms?

Question
05/11/18 3:17 PM
CDT



No, I haven't had a fever.



Have you had any nausea or vomiting?

Question

05/11/18 3:17 PM

CDT



I haven't had thrown up, or even had an upset stomach, in a long time.



Have you had chills?

Question

05/11/18 3:17 PM

CDT



No, I haven't.



Are you fatigued?

Question

05/11/18 3:18 PM

CDT



I feel tired, yeah, probably because I haven't been able to sleep very well.



Do you have any night sweats?

Question

05/11/18 3:18 PM

CDT



I don't get sweaty, but sometimes I wake up hot and have to kick off my sheets.



Sometimes night sweats maybe an indication of being sick

Educate

05/11/18 3:19 PM

CDT



That makes sense.



Have you been coughing up anything?

Question

05/11/18 3:20 PM

CDT



No, nothing's coming up.



Have you had any problems swallowing?

Question

05/11/18 3:20 PM

CDT



Nope.



Do you have any nasal drainage?

Question

05/11/18 3:20 PM

CDT



No, my nose has been fine.



Has anyone been sick at home?

Question

05/11/18 3:27 PM
CDT



No, no one at home has been sick.



Does anyone in your family have asthma?

Question

05/11/18 3:28 PM
CDT



It's just me and my baby sister that have asthma, but she really doesn't have problems with it.



Does anyone in your family have allergies?

Question

05/11/18 3:29 PM
CDT



My sister has hay fever, I think, and it sometimes makes her asthma get pretty bad.



Does anyone in your family have eczema?

Question

05/11/18 3:30 PM
CDT



No. . .



Do you have a family history of sinus problems?

Question

05/11/18 3:31 PM
CDT



I don't think anyone in the family has sinus problems.



Are you in any pain right now?

Question

05/11/18 3:34 PM
CDT



It doesn't hurt. . . it's just hard to breathe, but there's no pain.



Is there pain when you wheeze? (No matching questions found.)

Question

05/11/18 3:35 PM
CDT



are you in pain when you wheeze?

Question

05/11/18 3:35 PM
CDT



Right now it doesn't sound too bad, but I've definitely been wheezing the past couple days.



Any changes in your appetite?

Question

05/11/18 3:36 PM
CDT



I wouldn't say it's changed recently, but I do feel hungry a lot.



When was your last chest x-ray?

Question

05/11/18 3:37 PM
CDT



The last time I went to the hospital for an asthma attack, when I was still in high school, they did a chest x-ray.

Comments

If your instructor provides individual feedback on this assignment, it will appear here.

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