

Patient Recovery Portfolio: Arthur Pendleton

Medical Record Number: #AP-9284-CABG

Date of Generation: October 27, 2025

1. Persona Profile & Surgical Scenario

Name: Arthur Pendleton

Age: 68

Surgery Type: Coronary Artery Bypass Grafting (CABG) x3 + Aortic Valve Replacement.

Surgical Approach: Median Sternotomy (Full chest opening).

Graft Harvest Site: Left Leg (Saphenous Vein).

The Scenario (Hospital Course)

Derived from "Parsing the Hospital Course" (Section 2.2 of Source PDF)

Arthur was admitted for severe aortic stenosis and triple vessel disease. He underwent successful surgery on **October 14**.

- **Day 0 (Surgery):** Uncomplicated.
- **Day 2 (Complication):** Developed rapid **Atrial Fibrillation (POAF)**. As per protocol, he was treated with Amiodarone and converted back to Normal Sinus Rhythm.
 - *Implication:* Although he is in normal rhythm now, he is considered "High Risk for POAF Recurrence." He feels anxious about "fluttering" sensations.
- **Day 5 (Discharge):** Discharged to home with self-care (plus assistance from wife, Martha).

2. Current Physiological Status

Derived from "Physiological Recovery" (Section 3 of Source PDF)

Incisions

1. **Sternal Incision (Chest):**
 - **Status:** Healing well. Scabbing present.
 - **Sensation:** Arthur reports "itching" and a "lump" at the top.
 - *Clinical Logic:* The itching is normal histamine release. The lump is the top wire suture.
2. **Leg Incision (Harvest Site):**
 - **Status:** Swelling is present in the left ankle (common after vein harvest).
 - **Action:** Requires elevation when sitting.

Vital Signs Logic (The "Red Flags")

- **Baseline Weight (Dry Weight):** 185.5 lbs.
- **Rule:** Call doctor if weight exceeds **187.5 lbs** in 24 hours (Fluid Overload risk).
- **Temperature Threshold:** Call doctor if > 100.4°F (38.0°C).

Psychological State

- **Condition:** "Cardiac Blues."
- **Symptoms:** Arthur feels tearful in the mornings and frustrated that he "can't do anything yet."
- **Differentiation:** This is **not** clinical depression yet, as he still enjoys watching baseball in the evenings. It is the transient "Blues" (Section 6 of Source PDF).

3. Medication Administration Record (MAR)

Derived from "Pharmacotherapy" (Section 4 of Source PDF)

Arthur is on the standard "Cardiac Cocktail."

Drug Class	Medication Name	Dosage	Frequency	Purpose & Interaction Notes
Beta-Blocker	Metoprolol Succinate	25 mg	Once Daily (AM)	<p>Purpose: Controls Heart Rate & prevents AFib recurrence.</p> <p>Note: May make Arthur feel "sluggish" or tired. Do not stop abruptly.</p>
Antiplatelet	Aspirin	81 mg	Once Daily (AM)	<p>Purpose: Keeps bypass grafts open.</p> <p>Warning: Watch for black/tarry stools. Easy bruising is normal.</p>

Diuretic	Furosemide (Lasix)	20 mg	Once Daily (AM)	Purpose: Removes fluid/edema. Timing: Taken in AM to prevent waking up at night to urinate.
Electrolyte	Potassium (K-Dur)	10 mEq	Once Daily (AM)	Purpose: Replaces potassium lost due to Lasix.
Statin	Atorvastatin	40 mg	Once Daily (PM)	Purpose: Plaque stabilization. Watch for: Unexplained muscle aches (Myalgia).
Analgesic	Oxycodone	5 mg	Every 4-6 hrs (PRN)	Purpose: Severe pain only. Goal: Wean off by Day 10; transition to Tylenol.
Stool Softener	Docusate Sodium	100 mg	Twice Daily	Purpose: Prevent constipation from Oxycodone.

4. Lifestyle & Activity Protocols

Derived from "Lifestyle Rehabilitation" (Section 5 of Source PDF)

"Move in the Tube" Precautions

- **Lifting Limit:** 10 lbs (approx. a gallon of milk).
- **Arm Movement:** No reaching backwards. No pushing with arms to stand up from a chair (Use "Rock and Roll" method).
- **Driving:** RESTRICTED until Week 4-6 post-op.

Diet: The "Salty Six" Restriction

Arthur loves sandwiches, but he is restricted to **2,000mg Sodium/day**.

- **Foods to Avoid:** Cold cuts, Pizza, Canned Soup, Bread/Rolls, Processed Poultry.
- **Appetite:** Currently experiencing *Dysgeusia* (metallic taste in mouth).
 - Advice: Eat smaller, more frequent meals.

Daily Routine Checklist (For AI Verification)

1. **Morning:** Weigh self, Check temp, Inspect chest/leg in mirror.
2. **Exercise:** Walk 10 minutes inside, 3-4 times a day. Perform "Talk Test" (must be able to speak while walking).
3. **Hygiene:** Shower with warm water/mild soap. **NO** scrubbing incisions. **NO** baths.