

NR601 Week 3 Discussion

a. Client Information and Assessment Data

- **Assigned Primary Diagnosis:** Atrial Fibrillation
- **Client Name:** Rhonda Stern
- **Date of Birth:** 5/6/1960
- **Chief Complaint:** Intermittent palpitations and SOB, especially during exercise.
- **History of Present Illness:** R.S is a 65-year-old female with a history of hypertension and hyperlipidemia, who presents with intermittent episodes of palpitations and SOB, especially during exercise. She reports the palpitations usually have a sudden onset, lasting from several minutes to an hour, and resolve spontaneously. She denies chest pain, syncope, and edema in her legs.
- **Physical Exam**
 - **Height:** 5ft. 4in
 - **Weight:** 162lbs
 - **BMI:** 27.8
 - **Blood pressure:** 132/84
 - **Heart rate:** 96bpm
 - **Respiratory rate:** 18/min
 - **Oxygen saturation:** 97% on RA
 - **Temperature:** 98.7
- **Past Medical History (PMH)**
 - Hypertension: This is a major risk factor for a-fib and can contribute to cardiac complications (Ouslander & Reyes, 2022).
 - Hyperlipidemia: This also increases her risk for cardiovascular disease
 - Overweight: Being overweight is a major risk factor for cardiovascular disease
- **Allergies**
 - NKDA
- **Medications:** All are found using the AHA website, reference listed below
 - Metoprolol 50mg PO once daily for a-fib and hypertension
 - Atorvastatin 20mg PO once daily for hyperlipidemia
 - Apixaban 5mg PO BID for stroke prevention
- **Social History** (MUST include status of tobacco, ETOH, and drug use [e.g., usage, type, quantity, using or non-using] AND include at least two other significant social history elements, e.g., marital status, living conditions, social support, etc.)
 - Non-tobacco user
 - Occasional social drinker. Consumes 1-2 glasses of wine per week.
 - Denies any history of illegal drug use.
 - Married. Lives with her husband who provides strong emotional and social support.
 - Rhonda is a retired high-school teacher
- **Diagnostics**
 - Diagnostic Test: Electrocardiogram (ECG)