



Engage Fundamentals

Pain

Clinical Judgment Case Study with Concept Map

Case study

The nurse is caring for a 36-year-old who has chronic back pain. The client has come to the provider for a checkup and to request refills of the narcotic pain medication they have been using for many years. The client reports using less pain medication than prescribed due to fear of addiction. The client is also taking a non-narcotic pain medication. The client's goal is to reduce the amount of pain medication being used because they also do not like the adverse effects of both types of medication. The adverse effects of the non-narcotic pain medication include nausea, tiredness, and dry mouth. The provider instructs the nurse to provide the client with non-pharmacologic options for pain management in addition to the heat therapy, hot tub, and relaxation the client already uses. The client reports a baseline pain score of 4 out of 10 and an ideal pain score of 2 out of 10. The client is generally able to carry out their daily activities as needed but occasionally has days where they are unable to perform daily activities. On the days the client is unable to function as desired, they rely on their spouse to assist with cooking and cleaning chores and delays other activities to another day.

Assessment Questions

1. Identify the relevant subjective and objective assessment information related to the client's condition and place the findings in the assessment data box below. (Recognizing Cues; Assessment)
2. Based upon assessment information, identify and prioritize the top 3 client problems. Write one client problem in each of the Client Problem boxes below. (Analyze Cues; Analysis and Prioritize Hypothesis; Planning)
3. Below each client problem, determine and enter the relevant assessment information that supports the identified client problem. (Analyze Cues; Analysis and Prioritize Hypothesis; Planning)
4. Identify important nursing interventions that should be taken to address each client problem and enter them in the related intervention box for the associated client problem. (Take Action; Implementation)

Concept Map

Client Problem 1:
Assessment information
Intervention
Client Problem 2:
Assessment information
Intervention
Client Problem 3:
Assessment information
Intervention

Discussion Questions

Educators can choose to instruct students to include relevant information identified during the discussion questions into the concept map.

1. Discuss special considerations to be made for clients from diverse backgrounds. (Recognize Cues; Assessment)
 - a. Elderly client with no family support.
 - b. Clients from diverse backgrounds (i.e. age, culture, socioeconomic status).
2. Identify potential client problems. (Analyze Cues; Analysis)
 - a. Instruct students to provide a rationale for their choices.
3. Discuss nursing interventions to address the identified potential client problems. (Generate Solutions; Planning)
 - a. Instruct students to provide a rationale for their choices.
4. Discuss the desired client outcomes related to the performed interventions identified in the concept map as well as for potential client problems. (Generate Solutions; Planning)
 - a. Discuss client responses that demonstrate an improvement of the client problem.
 - b. Identify client responses that indicate worsening of the client condition. (Generate Solutions; Planning)
5. Discuss safety considerations that should be included when planning care for this client (i.e. fall risk). (Generate Solutions; Planning)
6. Identify client education the nurse should provide for this client (i.e. diet, activity, ADLs). (Take Action; Implementation) Discuss client outcomes would you anticipate based on the performed nursing interventions (i.e. improved SPO2 with raising head of bed, increasing amount of oxygen being delivered). Identify how achievement of client outcomes would be evaluated. (Evaluate Outcomes; Evaluation)
7. Discuss ways to modify or revise the plan of care when client outcomes are not met. (Evaluate Outcomes; Evaluation)