

12/1/2025 0800, 30-year-old female, Alert and Oriented x 3. Pt sitting on the side of the bed. Vital signs taken, all within normal limits. Patient complaints of pain to left shoulder. Pain 3/10 using the numerical rating scale. (frequency, better, worse, characteristics, medication, last dose). Height:_____ (scale used) Weight:_____ (scale used). Patient is symmetrical with normal gait, balance, posture, balance control, and if assistive devices for used. Patient is independent with ADLs and able to bend to remove shoes. Scalp does not show any signs of infestation, or dryness, no skin breakdown and shape of head is round with no abnormal findings. Ears are clear of cerumen and free from skin breakdown, patient denies hearing aid use. Sclera is clear and white; conjunctiva is pink and moist. Patient denies the use of corrective eye wear. PERRL 2-3mm bilateral, with positive consensual reflex. Ocular eye movement test performed, no signs of nystagmus present. Nares are patent and clear with no skin breakdown or nasal flaring present. No drainage present, mucous membranes pink and moist. Oral cavity is free from skin breakdown, gums are pink and moist, patient denies denture use, Teeth intact, no foul odor present. Lips are pink, moist and not cracked. Patient denies any difficulty swallowing. Upper extremities are free from skin breakdown, no lesions present, pink skin undertone, warm to touch, no edema present, sensation to bilateral upper extremities present, and CRT <3 seconds. Bilateral Brachial pulse 2+, Bilateral radial pulse 2+, Bilateral Grip strength equal and strong. Full ROM to bilateral upper extremities. Heart sounds auscultated, S1 and S2 regular. Aortic ,S1 and S2 normal, Pulmonic S1 and S2 normal Tricuspid S1 and S2 normal, Mitral S1 and S2 normal. Apical rate 70 regular with normal S1 and S2. Lung sounds auscultated to all fields. No adventitious lung sounds are present. Clear lung sounds to all fields. No abnormal spinal curvature during assessment of patient back. No JVD present. Abdominal assessment completed, normal shape, size, color, no tubes or distention present. Bowel sounds auscultated to all four quadrants and normal. Abdomen soft and no pain upon palpation to all four quadrants. Patient verbalized bowel movement this morning, large, brown and soft, denies discomfort. Suprapubic region palpated with no signs of distention , tenderness present. Patient has no complaints of issues with genitalia or rectal area at this time of assessment. Lower extremities are free from skin breakdown, pink undertone, warm to touch, no edema present with CRT <3 seconds. Bilateral femoral pulse 1+, bilateral popliteal pulse 2+, bilateral pedal pulse 2+, bilateral tibial pulse 2+, lower extremity strength equal bilaterally. No skin breakdown or dryness in between toes or to heels bilaterally. Patient left clean and dry with no discomfort. Patient needs were met. Bed was lowered and safety rails up x2. Call light and personal belongings in reach. Odorous material removed from the room. No abnormalities to report to charge nurse or physician at this time. Plan of care ongoing. - K. Rodriguez, LVN

