



Nursing Care Plan

A Client with Mitral Valve Prolapse

Julie Snow, a 22-year-old college student, sees a nurse practitioner at the college health clinic for a physical examination after experiencing palpitations, fatigue, and a headache during midterm examinations. Ms. Snow tells Lakisha Johnson, FNP, "I'm scared that something is wrong with me."

Over the last few months, Ms. Snow has had occasional palpitations that she describes as "feeling like my heart is doing flip-flops." Rarely, these palpitations have been accompanied by a sharp, stabbing pain in her chest that lasts only a few seconds. She initially attributed her symptoms to stress, but she is increasingly concerned because the "attacks" are becoming more frequent. Ms. Snow states that she has "always been healthy," does not smoke, uses alcohol socially, and exercises, albeit intermittently. Ms. Snow admits that she has been drinking a lot of coffee and cola and eating a lot of "junk food" lately.

ASSESSMENT

Ms. Johnson's assessment of Ms. Snow documents the following: height 66 in. (168 cm), weight 140 lb (63.6 kg), T 99.3, BP 118/64, P 82, and R 18. Slightly anxious but in no acute distress. Systolic click and soft crescendo murmur grade II/VI noted on auscultation. Apical impulse at fifth ICS left MCL. Lungs clear to auscultation. Review of remaining systems reveals no apparent abnormalities. An ECG shows sinus rhythm with occasional PACs. Based on the admission history, manifestations, and physical assessment, Ms. Johnson suspects mitral valve prolapse (MVP).

DIAGNOSES

Ms. Johnson makes the following nursing diagnoses.

- *Anxiety* related to fear of heart disease and implications for lifestyle
- *Powerlessness* related to unpredictability of symptoms
- *Risk of infection (endocarditis)* related to altered valve function

EXPECTED OUTCOMES

The expected outcomes specify that Ms. Snow will:

- Verbalize an understanding of MVP and its management.
- Discuss ways to decrease or relieve MVP symptoms.
- Acknowledge the risk for endocarditis and identify precautions to prevent it.

PLANNING AND IMPLEMENTATION

Ms. Johnson plans and implements the following nursing interventions.

- Consult with and refer to cardiologist for continued monitoring and follow-up.
- Teach about MVP, including heart valve anatomy, physiology, and function, common manifestations of MVP, and treatment rationale.
- Discuss symptoms of progressive mitral regurgitation, and the need to report these to the cardiologist.

- Discuss recommended follow-up care and its rationale.
- Allow to verbalize feelings and share concerns about MVP. Encourage to attend an MVP support group meeting.
- Discuss the prognosis for MVP, emphasizing that most clients live normal lives using diet and lifestyle management.
- Instruct to keep a weekly record of symptoms and their frequency for 1 month.
- Discuss lifestyle changes to manage symptoms: aerobic exercise with warmup and cooldown periods; maintaining adequate fluid intake, especially during hot weather or exercise; relaxation techniques (e.g., meditation, deep-breathing exercises, music therapy, yoga, guided imagery, heat therapy, or progressive muscle relaxation) to perform daily; avoiding caffeine and crash diets; forming healthy eating habits.
- Teach about infective endocarditis risk and prevention with prophylactic antibiotics. Encourage notifying dentist and other health care providers of MVP before dental or any invasive procedure.

EVALUATION

After several educational sessions at the college health clinic, Ms. Snow verbalizes an understanding of MVP by explaining heart valve function, listing common manifestations of MVP, and describing indications of deteriorating heart function. She states she will report these manifestations to her cardiologist if they occur. She is given a booklet on MVP for additional reading. She also verbalizes understanding of the risk of endocarditis, and states that she will notify her doctors of her MVP and the need for antibiotics before invasive procedures. Ms. Snow is attending a monthly MVP support group (led by a cardiology clinical nurse specialist) on campus and states, "I am so glad to know I'm not alone! It really helps to know that others are living well with MVP." Her weekly symptom log shows her symptoms are associated with late-night studying and drinking large amounts of coffee and cola. Ms. Snow has moderated her caffeine intake and increased her fluids, relieving her symptoms. In addition, Ms. Snow is taking a relaxation music therapy class. Ms. Snow states that she realizes that she has "the ability to control my life through the choices I make."

Critical Thinking in the Nursing Process

1. Develop an action plan for Ms. Snow that outlines specific activities she can use to manage symptoms of MVP.
2. Why are clients with symptomatic MVP encouraged to include regular exercise in their health habits?
3. How does the support of family, friends, and other people with MVP assist MVP clients in managing their condition?
4. What manifestations would indicate a progressive worsening of Ms. Snow's mitral regurgitation?

See Critical Thinking in the Nursing Process in Appendix C.

Care Plan For Mitral Valve Prolapse

Nancy Meyer Holloway



Care Plan For Mitral Valve Prolapse:

Nursing Care Plans Meg Gulanick, Judith L. Myers, 2011-01-01 The bestselling nursing care planning book on the market Nursing Care Plans Diagnoses Interventions and Outcomes 8th Edition covers the most common medical surgical nursing diagnoses and clinical problems seen in adults It includes 217 care plans each reflecting the latest evidence and best practice guidelines NEW to this edition are 13 new care plans and two new chapters including care plans that address health promotion and risk factor management along with basic nursing concepts that apply to multiple body systems Written by expert nursing educators Meg Gulanick and Judith Myers this reference functions as two books in one with 147 disorder specific and health management nursing care plans and 70 nursing diagnosis care plans to use as starting points in creating individualized care plans 217 care plans more than in any other nursing care planning book 70 nursing diagnosis care plans include the most common important NANDA I nursing diagnoses providing the building blocks for you to create your own individualized care plans for your own patients 147 disorders and health promotion care plans cover virtually every common medical surgical condition organized by body system Prioritized care planning guidance organizes care plans from actual to risk diagnoses from general to specific interventions and from independent to collaborative interventions Nursing diagnosis care plans format includes a definition and explanation of the diagnosis related factors defining characteristics expected outcomes related NOC outcomes and NIC interventions ongoing assessment therapeutic interventions and education continuity of care Disorders care plans format includes synonyms for the disorder for easier cross referencing an explanation of the diagnosis common related factors defining characteristics expected outcomes NOC outcomes and NIC interventions ongoing assessment and therapeutic interventions Icons differentiate independent and collaborative nursing interventions Student resources on the Evolve companion website include 36 of the book's care plans 5 nursing diagnosis care plans and 31 disorders care plans Three NEW nursing diagnosis care plans include Risk for Electrolyte Imbalance Risk for Unstable Blood Glucose Level and Risk for Bleeding Six NEW health promotion risk factor management care plans include Readiness for Engaging in a Regular Physical Activity Program Readiness for Enhanced Nutrition Readiness for Enhanced Sleep Readiness for Smoking Cessation Readiness for Managing Stress and Readiness for Weight Management Four NEW disorders care plans include Surgical Experience Preoperative and Postoperative Care Atrial Fibrillation Bariatric Surgery and Gastroenteritis NEW Health Promotion and Risk Factor Management Care Plans chapter emphasizes the importance of preventive care and teaching for self management NEW Basic Nursing Concepts Care Plans chapter focuses on concepts that apply to disorders found in multiple body systems UPDATED care plans ensure consistency with the latest U S National Patient Safety Goals and other evidence based national treatment guidelines The latest NANDA I taxonomy keeps you current with 2012 2014 NANDA I nursing diagnoses related factors and defining characteristics Enhanced rationales include explanations for nursing interventions to help you better understand what the nurse does and why *Nursing Care Plans -*

E-Book Meg Gulanick, Judith L. Myers, 2013-03-01 Updated content incorporates the latest evidence based data and best practice guidelines to help you provide the highest quality nursing care Revised and expanded rationales include explanations for nursing interventions to help you understand what the nurse does and why Expanded and more specific outcome statements for each nursing diagnosis help you develop measurable patient outcomes New content on patient safety and preventable complications addresses national initiatives and discusses the nurse's responsibility in preventing complications such as falls pressure ulcers infections etc QSEN competencies are integrated throughout 11 new disorder care plans include Pulmonary Hypertension Cystic Fibrosis Carpal Tunnel Syndrome Peptic Ulcer Fibromyalgia Solid Organ Transplant Hemodialysis Breast Reduction Pelvic Relaxation Disorder Hyperthyroidism Psoriasis 6 new nursing diagnoses care plans include Impaired Dentition Disturbed Energy Field Readiness for Enhanced Immunization Sedentary Lifestyle Post Trauma Syndrome Relocation Stress Syndrome

Respiratory Care: Patient Assessment and Care Plan Development David C. Shelle, Jay I. Peters, 2021-02-08 Respiratory Care Patient Assessment and Care Plan Development Second Edition describes the purpose of patient assessment and then guides the reader through the process of reviewing existing data in the medical record

Psychiatric Care Plans Marilyn E. Doenges, Mary C. Townsend, Mary Frances Moorhouse, 1989

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Thomson Delmar Learning's Medical-surgical Nursing Care Plans Shelda Glover Rodgers, 2008 Delmar's Medical Surgical Nursing Care Plans will help you develop specific and effective nursing care plans for your adult patients with the most commonly presented disorders Each care plan includes information to guide you in creating comprehensive individualized nursing care plans based on solid scientific understanding of the condition and how it affects each of the patient's body systems Care plans solicit specific patient data and prompt you to individualize the interventions while evaluating the patient's response Delmar is a part of Cengage Learning

Ready Reference for Critical Care Drugs with Nursing Care Plans Bonnie P. Stewart, Rhonda M. Strawn, 1996

Lippincott's Manual of Psychiatric Nursing Care Plans Judith M. Schultz, Sheila L. Videbeck, 2002 This supplemental text reference of 55 nursing care plans addresses the most commonly encountered behaviors and behavior complexes in psychiatric and mental health nursing The thoroughly updated Sixth Edition responds to current community based care settings across the lifespan care cultural considerations violence in

the community and community grieving Also this edition presents a stronger focus on interdisciplinary care community resources available to clients and their family support groups Web based resources communication content and a sample assessment tool DSM IV terminology organization and NANDA diagnoses are used And it includes a free disk with printable nursing care plans Evaluating Health Plan Performance Peter C. Damiano,2001 **Nursing Diagnosis in Clinical Practice** Kathy V. Gettrust,1992 This book provides easy to use comprehensive and well organized prototypes for care plan construction *Introductory Medical-surgical Nursing* Barbara Kuhn Timby,Nancy Ellen Smith,2010 The Tenth Edition of this best selling text for LPN LVN students provides comprehensive coverage of introductory medical surgical nursing in a highly visual and easy to understand manner This content equips readers with the practical knowledge and skills to manage nursing care of clients in today's changing healthcare environments and eases the transition from classroom to clinical practice The text has been updated to reflect the latest equipment and trends in health care and includes hundreds of new full color illustrations and photographs Over 30 care plans are included addressing common conditions such as Alzheimer's disease cancer myocardial infarction stroke diabetes mellitus modified radical mastectomy and chronic renal failure Stop Think and Respond exercises in every chapter encourage rapid recall and practical assimilation of content A bound in CD ROM and a companion Website include a Spanish English audio glossary Concepts in Action animations Watch and Learn video clips NCLEX style review questions plus the full text online **Patient Care Manual** ,2002 **Essentials of Cardiovascular Nursing** Linda S. Baas,1991 This book assists cardiac nurses with attaining and maintaining the essential knowledge and skill necessary to assess diagnose plan implement and evaluate care for cardiovascular patients Experts in the field present extensive discussions of risk factors such as hypertension cholesterol tobacco dependence stress and nursing interventions to reduce risk of ischemic heart disease In addition this book covers adjustments to cardiac disease that focus on the crisis of an acute event normalization sexual counseling touch therapy techniques exercise and sleep problem management Clinical problems that are specific to cardiac patients such as ischemic heart disease and surgery cardiomyopathy mitral valve prolapse and congenital heart disease are also included **Pharmacology and the Nursing Process** Linda Lane Lilley,Robert S. Aucker,2001 Pharmacology and the Nursing Process provides the most up to date clinically relevant information on pharmacology and nursing in a consistent format that is appealing understandable and practical **Assessing & Managing Common Signs & Symptoms** Lisa L. Lommel,1997 **Nursing the Critically Ill Adult** Nancy Meyer Holloway,1984 **Foundations of Adult Health Nursing** Lois White,2005 Foundations of Adult Health Nursing is written following the Nursing Process format The clinical chapters have been revised to include Nursing Management sections for each disorder emphasizing the nurse's role in providing competent client care Nursing Outcomes Classification NOC and Nursing Interventions Classification NIC have been identified in each Nursing Care Plan A Case Study included in each chapter uses critical thinking questions to assist the user through the nursing process and to develop

a customized plan of care for the client in the scenario The last chapter Integration has been included to assist the user in understanding the complexity of human illness and how a disorder in one body system affects other body systems Special features throughout the book are specially designed to emphasize specific information such as Life Cycle Considerations Client Teaching Infection Control Safety Community Home Health Care Cultural Considerations and Professional Tips Critical Thinking Questions are included throughout the book to encourage the user to apply the chapter s content At the end of each chapter readers will find a Summary and Review Questions along with References Suggested Readings and Resources

Cardiac Nursing ,1982 *Nursing Diagnosis Handbook* Betty J. Ackley,1993 **Principles of Oral Diagnosis** Gary C. Coleman,John F. Nelson,1993

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tn driver license state id card proof of full ssn