Case 1 Ruptured spleen

The nurse cares for a 19-year-old male with abdominal pain in the emergency department.

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| Nurses’ Notes | Nurses’ Notes |
| 0900: The client has pain and tenderness of the abdomen, particularly on the left upper quadrant that radiates to the left shoulder. He reports taking 200mg ibuprofen before coming to the emergency department which he said helped his pain slightly. He currently rates his pain 6 out of 10. He also reports feeling lightheaded and appears diaphoretic. His skin is cool to touch. The client denies any recent injuries or blunt trauma. His history is positive for Epstein- Barr virus diagnosed 7 days ago. T 100.2°F (37.9°C), P 94, R 26, B/P 78/40, pulse oximetry 95%. | Time 2: |

Option 2: Postpartum Depression

The nurse cares for a 33-year-old client at a 6-week postpartum follow-up clinic appointment.

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| Nurses’ Notes | Nurses’ Notes |
| Last prenatal visit at 40 weeks:  VS: T 98.2F(36.7C), P 88, RR 14, B/P 132/86,weight 150lbs(68k). Contractions 5 minutes apart. Fetal heart rate 150. Admitted to Ob triage.  6-Week Postpartum visit  The client is breastfeeding exclusively and taking her prenatal vitamin. She does not have lochia and notes she has not had a period since delivery. She reports not sleeping and crying constantly. She is a single mother and states she feels isolated from family. She has a 2- year-old at home but the father of the baby is not involved. She needs a note to go back to work in the next week and is still trying to find daycare. She feels she is a horrible mother. She has lost half of the weight she gained during pregnancy.  VS:T 99.1 F(37.2C), P 72, 16, BP 92/66, weight 132lbs (59.8k) | Time 3 |