

~~Sample~~

Functional Health Patterns

ADNG 1300

Northwest Technical College

~~A STUDENT~~

DATE SUBMITTED

Client Profile/ Developmental History

Patient is a 25-year-old male here with significant other for annual check-up. He reports he has no concerns at this time but does have a history of hypertension. Patient appears clean, average height and weight, and seems to be well dressed. Patient states that English is his first language and he complies with all interview questions. Due to his age, patient should be in Intimacy vs Isolation in Erickson's stages of Development. "During this period, the major conflict centers on forming intimate, loving relationships with other people. Success at this stage leads to fulfilling relationships. Failure, on the other hand, can result in feelings of loneliness and isolation" (Cherry, 2018). It appears that patient is successfully forming a loving relationship as he stated him and his wife just got married.

Health Perception/ Health Management

Upon interview patient states that he has no pain as of this moment but does see a chiropractor for a back injury that occurred at work. At its worst, he rates the pain in his back at a seven. Patient describes his health 5 years ago as "not particularly healthy" due to being in college and not making healthy decisions. He states that he ate a lot of junk food and drank a significant amount of alcohol. This contributed to his diagnosis of hypertension, he believes. Now that he is out of college and has a good paying job he eats a much healthier diet and abstains from alcohol most of the time. In 5 years, patient hopes to be able to discontinue hypertension medication and not have to worry as much about it anymore. He is dedicated to exercising and eating a healthy and balanced diet. Patient states he has no known allergies and other than the hypertension and back injury, has no past medical problems. Patient reports that he

stated, he used to binge drink alcohol in college but states he has never used any illegal substances, including marijuana. Patient has never used cigarettes including e-cigarettes and has never used chewing tobacco. Patient's appearance is clean shaven, well dressed, clean, with dark brown hair and hazel eyes. Seems to be of average height and weight and has an athletic build. Patient's vital signs are as follows; Temperature: 97.7, Pulse: 105, Respirations: 20, B/P: 165/92, O2 Saturation: 96%. Patient reports that he has not taken his hypertension medication prior to coming into this appointment.

Nutritional Metabolic Pattern

Patient states that he is trying to eat healthier and therefore watching his daily caloric count pretty closely. He says he eats anywhere between 2000 and 2500 calories per day spread out between 6 smaller meals. Patient reports that he averages about six eight-ounce glasses of water per day. Patient declines nausea and vomiting. Upon assessment, skin looks healthy with adequate capillary refill, no skin tenting and no spots or bruises. Nails look normal with shiny and firm appearance. Hair is brown, and healthy with no abnormal breakage or loss of hair. Patient's height is 5'11 and weight is 175lbs which is approximately 5lbs less than last year's assessment of 180lbs. BMI is 24.4 which is at the higher end of normal weight for his height. Patient denies any food allergies but does take a protein supplement after going to the gym.

Elimination Pattern

After interview and assessment of elimination pattern, patient reports that his last bowel movement was this morning which is his typical routine. Patient states that he hasn't had any recent changes in stool appearance and reports stool is hard and brown and denies any presence

help with constipation but denies any recent use. Patient states that he has never had any bowel or bladder surgery including scopes. Patient reports normal urinary patterns and denies nocturia, incontinence, increased frequency and dysuria. No changes with urination has occurred.

Abdominal area appears normal with no abnormal marks and is soft upon palpation with no distention. Upon auscultation, bowel sounds are normal and present in all four quadrants.

Activity Exercise Pattern

Patient works five days per week and his typical day starts by waking up at 0630 to get ready for the day, eat a small breakfast and be to work by 0730. Patient has a small snack at approximately 1030 and then eats lunch at around 1300. Patient has another snack at 1500, then gets off work at 1730 and has a protein bar on the way to the gym. He works out between 30-60 minutes and tries to use the treadmill as well as use weights. After patient is done exercising he heads home to have his supper around 1930, gets ready for bed and turns down for the night at about 2130. This day is repeated Monday through Friday. Patient states he doesn't have much structure on the weekends outside of sleeping in. Patient requires no assistance and is fully independent with ADL's. He states that during the week he does not get to have much of a social life outside of spending time with his new wife, but during the weekend he goes out with friends and attends church on Sundays. Patient enjoys playing basketball, going for walks and reading mystery novels. During assessment of respiratory system patient appears to have a normal breathing pattern with bilateral chest expansion and no use of accessory muscles to breathe.

During auscultation it is noted that breath sounds are present bilaterally in all lobes with no signs of crackles or wheezing. Patient reports no pain upon palpation of the chest and no tactile vocal fremitus is noted. Cardiovascular assessment completed and heart sounds are audible in all

Impulse is felt in the 5th intercostal space and is not visible. Patient's gait appears normal and has adequate ROM in all joints. Muscle strength is normal, grip strength and leg raises symmetrical bilaterally. No spinal curvature noted and appears normal.

Sexuality Reproductive Pattern

As stated earlier, patient is a 25 year old male that is sexually active with one current partner. He reports no concerns with erectile dysfunction, prostate problems or testicle problems. Patient reports he has had 5 sexual partners in his life and has never had a problem with STD's. Patient states he uses protection and gets tested regularly. Patient denies any history of sexual abuse. During assessment of genitalia, penis appears circumcised with no abnormal marks or lesions. Testicles appear normal and upon palpation, no masses are noted and size is similar bilaterally.

Sleep-Rest Pattern

Patient states that he has a routine bedtime and gets around 8 hours per sleep at night during the week. Sleep during the weekend varies due to different bedtimes and waking up later. No sleep aids are required regularly although patient notes he has taken melatonin a few times when he has been unable to fall asleep. Patient says he wakes up feeling rested and is not tired during the day. During the weekend he sometimes will take a short rest in the afternoon but cannot do this during the week due to work. Patient's wife complains that he snores at night but she is able to sleep through it most of the time. There has been no change in his sleeping pattern and he is happy with his quality of sleep.

Cognitive Pattern

Patient is alert and both verbally and physically responsive. Patient is oriented to person, place and time, and is able to understand and communicate well. He is able to recall information both short-term and long-term. Patient reports no problems with decision making or his attention span. Mental status assessed and attention and concentration, memory, verbal and mathematical abilities, judgement, and reasoning are all within normal parameters. Patient states that his maternal grandmother died due to complications from Alzheimer's disease.

Role-Relationship Pattern

Patient says he has no concerns with family life and describes his family as close and has conversations with his two siblings and parents every other day. Patient states that his relationship with his wife is healthy and they are traditional where he provides the income for the family. Patient states that wife was the one that pushed him to get healthier after his hypertension diagnosis. Wife is very supportive of his new lifestyle and helps him keep it up. Patient previously worked for a fast food restaurant while in college and he hated it. He says that he loves his job now and reports no unneeded stress. Patient and his wife are involved in their church and he plays basketball at the community gym on Friday nights. Support is very evident as wife accompanied patient to this clinic visit. Patient states that his wife is "his whole world", attributing his new healthy lifestyle completely to her.

Self-Perception/ Self-Concept Pattern

Patient reports no problem with sense of smell or taste. During assessment, he is able to

identify which side a finger snap is coming from. Patient reports that he sees well except when reading the newspaper or book, states that words sometimes becomes 'fuzzy'. Patient given a referral to see an optometrist for potential hyperopia. Patient educated that if his hypertension becomes out of control there is the possibility of eye damage. No assistive devices used for hearing or seeing at this time. Neuro assessment performed and patient is oriented to person, place, and time. As stated earlier, patient has adequate memory and has no problems with speech or cognition.

Coping/ Stress Tolerance Pattern

When describing the most stressful situation in their life the patient recalled a time when they were in college and needed to pass his exam or he wouldn't pass one of his required classes for his program. Patient stated that he ended up passing but not due to his coping techniques.

Reports that he previously used large amounts of alcohol to try and cope with stressful situations. He says that he has developed more healthy coping mechanisms, taking up meditation and spending time with his wife during stressful times. When patient was first diagnosed with hypertension he felt it was unfair and felt that he would not be able to do the things he wanted.

After going to some counselling and seeking support from family he realized that stress was not going to improve his blood pressure and he decided he needed to make lifestyle changes and that is what started his healthier living. Patient has had no personal loss in the past year. The only major life change that has happened in the past year has been his marriage to his wife and he states that "it only made life better, not more stressful". Due to his job, he has excellent health insurance which relieves a lot of stress in case he needs hospitalization and he doesn't have to

worry about paying for his blood pressure medication.

Value Belief Pattern

When discussing the most important thing to him, the patient immediately states that his family is number one. He is very family oriented and he and his wife are excited to someday start a family. When asked when they might want to have children he stated that they would like to have their first child within the next two years. Along with his wife, patient states that his religion, Christianity, is his major source of hope and strength. He grew up going to church with his family so that has always been an important part of his life that he hopes to pass onto his children when they have them. Patient and his wife are very active in the church and go diligently every Sunday. His religion imposes no restrictions on health care practices. The patient notifies this writer that, if hospitalized, he would like his pastor to come and visit him in the hospital.

Summary

During the interview the patient expressed a desire to keep his hypertension under control. At the time of this assessment he is a relatively healthy 25 year old male. All vital signs are within normal limits or consistent with his diagnosis of hypertension. All goal areas reviewed with patient and he identified manageable goals and aspirations. No concern at this time for patient's physical or mental health status. This patient is advised to continue with his healthy eating regimen and exercise routine. This writer recommended that he start daily blood pressure checks in order to make sure that his medication and lifestyle changes are having a positive impact on his hypertension.

References

- Cherry, K. (2018, December 15). Intimacy vs. Isolation: Forming Intimate Relationships With Others. Retrieved from <https://www.verywellmind.com/intimacy-versus-isolation-2795739>
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Symptoms