

Lucina is a 32-year-old female patient who came to the clinic for a comprehensive assessment so she can apply for insurance.

1. Write an SBAR note (Situation, Background, Assessment, Recommendations) to summarize this assessment.

(S) Luciana Gonzalez is a 32-year-old Hispanic female who came to the clinic for a comprehensive assessment so she can apply for insurance. (B) She is alert and oriented, describes her health as good, and does not have anything on record about her history, background or code status or regular PCP. (A) Her vitals look good however her BMI is on the higher side. She is experiencing urinary frequency and dysuria and bacteriuria. She has Nervus flammeus on the right side of her face. (R) I suggest that she sees a dietitian to help her plan meals according to her caloric needs and help decrease her BMI and that she starts an antibiotic for the UTI.

2. Suggest Ms. Gonzalez speak with a registered dietitian to help her establish a healthy meal plan to help her control her weight and decrease her BMI. I would encourage her to start an exercise regimen to promote weight loss. I would like to ask her when she first noticed the frequent urination and dysuria occurring and for how long it has been going on. I would ask her what her current diet regimen and exercise routine is. One priority prevention for her is DM prevention. With an increased BMI it can lead to obesity and increase the risk of developing Diabetes. And if she is not having symptoms now, it would be easier to correct with diet control before it gets out of control. Another issue is heart disease which can be caused by high cholesterol and being overweight. She needs to start an antibiotic regimen for her UTI and after a few days the symptoms should clear up. However, it is important to educate her on the importance of completing the full antibiotic prescription. Her doctor might also prescribe her some pain medication to help with the bladder pain, but once the antibiotic starts working, it should decrease the pain.

The primary concerns are to make sure that we have an accurate and complete medical history, check her vital signs to make sure they are within normal limits, ask if she has any particular symptoms or concerns, do blood work, and do a complete physical examination. I would inspect her and look for any indications of health problems, inspect skin color, lesions, bruises, any abnormal sounds and odors. I will auscultate her abdomen to check for bowel sounds, listen to her lungs and heart for any abnormalities or adventitious sounds. I will palpate her for tenderness, temperature, moisture, and check for masses especially in her breast since she is during reproductive age. I will check her pulses to see if they are equal bilaterally. The head-to-toe assessment will include: skin, neurological function, ears, nose, eyes, throat, respiratory function, cardiac-pulmonary system, abdomen, muscles and joints, limbs, shoulders, hips, ankles, and feet, reproductive system, genitourinary, and nutrition. She is a new patient, so it is important to assess her fully to make sure she doesn't have any abnormalities or pre-conditions since this is for insurance purposes. Also, she is of childbearing age so it is important to make sure the reproductive system is normal as well.