

Case Study 2

Elaine Goodwin is a 38-year-old G5 P5 LC 6 presenting to your clinic today to discuss contraceptive options. She states that she is not interested in having more children but her new partner has never fathered a child. Her medical history is remarkable for exercise-induced asthma, migraines, and IBS. Her surgical history is remarkable only for tonsils as a child. Her social history is negative for alcohol, tobacco, and recreational drugs. She has no known drug allergies and takes only vitamin C. Hospitalizations were only for childbirth. Family history reveals that her maternal grandmother is alive with dementia, while her maternal grandfather is alive with COPD. Her paternal grandparents are both deceased due to an automobile accident. Her mother is alive with osteopenia and fibromyalgia, and her dad is alive with a history of skin cancer (basal cell). Elaine has one older sister with no medical problems and one younger brother with no reported medical problems.

- Height 5' 7" Weight 148 (BMI 23.1), BP 118/72 P 68
- HEENT: wnl
- Neck: supple without adenopathy
- Lungs/CV: wnl
- Breast: soft, fibrocystic changes bilaterally, without masses, dimpling or discharge
- Abd: soft, +BS, no tenderness
- VVBSU: wnl, except 1st degree cystocele
- Cervix: firm, smooth, parous, without CMT
- Uterus: RV, mobile, non-tender, approximately 10 cm,
- Adnexa: without masses or tenderness

ALL THE INSTRUCTION BELOW HERE ARE NEEDED FOR THE ABOVE CASE STUDY

Case studies provide the opportunity to simulate realistic scenarios involving patients presenting with various health problems or symptoms. Such case studies enable nurse learners to apply concepts, lessons, and critical thinking to interviewing, screening, diagnostic approaches, as well as the development of treatment plans.

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For this Case Study Discussion, you will review a case study scenario to obtain information related to a comprehensive well-woman exam and determine differential diagnoses, diagnostics, and develop treatment and management plans.

To prepare: