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Clinical Record Book
Medical Surgical Nursing
for GNM

As per the INC syllabus for GNM

Name of the Candidate: _____

Name of the Institution: _____

_____

Lalita Bhat
Shankar Lal Nehra
Bharati

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ABBREVIATIONS AND TERMS

- CC: Chief complaint of patient
- HPI: History of present illness
- ROS: Review of systems
- PMHx: Past medical history
- PSHx: Past surgical history
- PE: Physical examination
- (+): Present
- (–) = Φ: Negative or absent
- nl: Normal
- wnl: Within normal limits

NORMAL LABORATORY VALUES

Electrolytes

- Ammonia: 40–70 µg/dL
- Chloride: 95–105 mmol/L
- Creatinine: 0.8–1.3 mg/dL
- Blood urea nitrogen: 8–20 mg/dL
- Glucose:70–99 mg/dL
- Inorganic phosphorous: 3–4.5 mg/dL
- Ionized calcium: 1.12–1.23 mmol/L
- Magnesium: 1.6–2.6 mg/dL
- Phosphate: 2.5–4.5 mg/dL (0.81–1.45 mmol/L)
- Potassium: 3.5–5.0 mEq/L
- Sodium: 136–145 mEq/L
- Total calcium: 2–2.6 mmol/L (9–10.5 mg/dL)
- Total iron-binding capacity: 250–310 µg/dL
- Total serum iron: 50–150 µg/dL
- Urea: 1.2–3 mmol/L
- Uric acid: 0.18–0.48 mmol/L
- Zinc: 75–140 µg/dL

Hematology

- Hemoglobin: Female—12–16 g/dL; male—14–18 g/dL
- Hematocrit: Female—37%–47%; male—42%–50%
- Glycosylated hemoglobin: 4.0%–5.6%

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- Mean corpuscular volume (MCV): 80–98 fL
- Red blood cell distribution width (RDW): 9.0%–14.5%
- Mean corpuscular hemoglobin (MCH): 28–32 pg
- Mean corpuscular hemoglobin concentration (MCHC): 33–36 g/dL
- Reticulocytes: 0.5%–1.5% of red cells
- White blood cells (WBC): 4–10 × 10^9/L
- Neutrophils: 2–8 × 10^9/L
- Bands: <1 × 10^9/L
- Lymphocytes: 1000–4800/mcL (1–4.8 × 10^9/L)
- Monocytes: 0.2–0.8 × 10^9/L
- Eosinophils: 0.000–0.600 th/uL (0–6%)
- Platelets: 150,000–350,000/μL (150–350 × 10^9/L)
- Prothrombin time: 11–13 seconds
- International normalized ratio (INR): 0.9–1.2
- Activated partial thromboplastin time (aPTT): 25–35 seconds
- Fibrinogen: 150–350 mg/dL (1.5–3.5 g/L)
- Bleeding time: <8 minutes

Lipids

- Triglycerides: <150 mg/dL
- Total cholesterol: <200 mg/dL
- High-density lipoprotein (HDL): Female—<50 mg/dL; male—<40 mg/dL
- Low-density lipoprotein (LDL): <100 mg/dL

Acid Base

- pH: 7.38–7.44
- Base excess: (–3)–(+3)
- H^+: 36–44 nmol/L
- Partial pressure of oxygen (pO_2): 75–100 mm Hg
- Oxygen saturation: ≥95%
- Partial pressure of carbon dioxide (pCO_2): 35–45 mm Hg
- Bicarbonate (HCO_3): 23–26 mEq/L

Gastrointestinal Function

- Albumin: 3.5–5.5 g/dL
- Alkaline phosphatase: 30–120 U/L
- Alanine aminotransferase (ALT): 10–40 U/L
- Amylase: 25–125 U/L [80–180 (Somogyi) units/dL]
- Aspartate aminotransferase (AST): 10–40 U/L
- Direct bilirubin: 0.1–0.3 mg/dL

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- Gamma glutamyl transferase: Female—8–40 U/L; male—9–50 U/L
- Lipase: 10–140 U/L
- Total bilirubin: 0.3–1.0 mg/dL
- Total protein: 5.5–9.0 g/dL

Cardiac Enzymes

- Creatine kinase: Female—30–135 U/L; male—55–170 U/L
- Creatine kinase MB (CKMB): <5% of total
- Troponin: ≤0.04 ng/mL

Hormones

- Thyroxine-binding globulin: 12–27 µg/mL
- Thyroid-stimulating hormone (TSH): 0.5–4.0 µU/mL (0.5–4.0 mU/L)
- Total T4, adult: 5–12 µg/dL
- Total T3: 80–180 ng/dL
- Free T3: 2.3–4.2 pg/mL

Vitamins

- Folate (serum): 1.8–9.0 ng/mL
- Vitamin A: 32.5–78.0 µg/dL
- Vitamin B_{12}: 200–800 pg/mL
- Vitamin C: 0.4–1.5 mg/dL
- Vitamin D: 5–75 ng/mL

Tumor Markers

- Alpha fetoprotein: 0–44 ng/mL
- Beta human chorionic gonadotropin (HCG): Female, premenopausal nonpregnant—<1.0 U/L; female, postmenopausal—<7.0 U/L; male—<1.4 U/L
- CA19.9: 0–37 U/mL
- Carcinoembryonic antigen (CEA): <2.5 ng/mL
- Prostatic acid phosphatase (PAP): 0–3 U/dL
- Prostate-specific antigen (PSA): Ng/mL; no specific normal or abnormal level

Miscellaneous

- Alpha 1-antitrypsin: 83–199 mg/dL
- Angiotensin-converting enzyme: 8–53 U/L
- C-reactive protein: <0.5 mg/dL
- D-dimer: ≤300 ng/mL (300 µg/L)
- Erythrocyte sedimentation rate (ESR): Females—0–20 mm/h; males—0–15 mm/h
- Lactate dehydrogenase (LDH): 60–160 U/L
- Rheumatoid factor: <40 U/mL

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CASE STUDY (MEDICAL)



SUBMITTED TO

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SUBMITTED BY

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DATE OF SUBMISSION

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EVALUATION PERFORMA FOR CASE STUDY

Name: ..... Roll no.: .....

Ward: ..... Diagnosis: .....

Date: ..... Day: .....

Sr. No	Content	Max. Marks	Obtained Marks
1	General information of the patient	2	
2	Records of history and assessment (medical, surgical)	5	
3	Medical, surgical management	5	
4	Nursing management, nursing care and implementation	5	
5	Discharge planning	3	
6	Health education	5	
	Total	**25**	

Remarks: .....

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Teacher's Sign

CASE STUDY (MEDICAL)

INTRODUCTION

Introduction of self

A general description about patient and reason for hospitalization

I am student of ..... year was posted in ..... and ..... at hospital. During my posting I have met ..... got admitted on ..... with complaints of ..... investigations were done and patient was diagnosed as ..... As a part of my nursing care plan I have selected this case to provide complete nursing care and to gain knowledge about .....

1. **General information of the patient:**

   Name of the Patient: .....
   Age: .....
   Sex: .....
   Address: .....
   .....
   Hospital Name: .....
   Ward No.: ..... Bed No.: .....
   MRD No.: ..... Contact No.: .....
   Literacy/Education Status: ..... Religion: .....
   Occupation: ..... Marital Status: .....
   Diagnosis: .....
   Date of Admission: .....
   Name of the Surgery: .....
   Date of the Surgery: .....
   Date of Discharge: .....

2. **Chief complaints:**

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3. **History of present illness:**

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Details of medication taken for present illness:

Name of the Drugs	Dose	Route	Time

4. **History of past illness:**

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Details of medication taken for past illness:

Name of the Drugs	Dose	Route	Time

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Previous Surgeries: .....

Allergies: .....

Immunization: .....

Habits (include if patient smoking, uses of drugs, alcohol, etc.): .....

.....

Work Pattern: .....

.....

5. **Family history:**

Health history (hereditary): .....

.....

Family tree:

Family composition:

S. No.	Name of the Family Member	Age/Sex	Relation	Education	Health Status

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6. **Environment history:**

House hygiene: .....

Drinking water: .....

Environmental pollution: .....

Presence of mosquitoes/flies/insects, etc.: .....

7. **Psychological history:**

Language spoken: ..... Social support system present: .....

Development stages: ..... Any psychological stressor: .....

8. **Sexual and marital history:**

Spouse general health: Good/fair/bad ..... Spouse occupation: .....

Relationship: Satisfactory/unsatisfactory ..... Staying together: Yes/no .....

Number of children: ..... Female: .....

9. **Physical examination:**

a. **General appearance:**

- **Level of consciousness**: Unconscious/conscious/alert/oriented/confused/coma .....
- **Height**: .....
- **Weight**: .....
- **Activity**: Active/dull/lethargy .....
- **Body built**: Mild/moderate/thin/obese .....
- **Personal hygiene**: Good/average/poor .....
- **Speech**: Clean/articulation/appropriate/disorganized/consistent/silent .....

b. **Vital Sign:**

- Temperature: ..... Pulse: .....
- Respiration: ..... Blood pressure: .....

c. **Head:**

- Size and shape: Round/macrocephaly/microcephaly/hydrocephalus/shunt symmetrical.....
  .....
- Hair color: ..... Hair distribution: .....
- Scalp: ..... Pediculosis: .....
- Swelling or tenderness: ..... Previous injury: .....

d. **Face:**

- Appearance of face: ..... Facial symmetry: .....

e. **Eyes:**

- Appearance of face: ..... Eyelids/lashes: .....
- Eye balls: ..... Lacrimal sac: .....
- Conjunctiva: ..... Sclera: .....

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- Cornea: ..... Pupils: .....
- Blurred vision: ..... Eye discharge: .....
- Visual acuity: .....

f. **Ears:**

- Position: ..... Shape and size: .....
- Tympanic membrane: ..... Hearing acuity: .....
- Ear wax: ..... Foreign bodies: .....
- Any discharge: ..... Swelling: .....
- Tinnitus: ..... Vertigo: .....
- Uses of hearing aids: Yes/no ..... Whisper test: .....
- Weber's test : ..... Rinne test: .....
- Romberg test: ..... Ear surgery: .....

g. **Nose:**

- Nasal symmetry: ..... Nasal septal deviation: .....
- Nasal discharge: ..... Nasal polyps: .....
- Epistaxis: ..... Sinusitis: .....
- Sense of smell: ..... Any nose surgery (specify): .....

h. **Mouth and throat:**

- Lips color: ..... Shape: .....
- Condition: ..... Number of teeth: .....
- Dentures: ..... Dental caries: .....
- Gums: ..... Buccal mucosa : .....
- Voice: ..... Tongue: .....
- Oropharynx: ..... Lymph nodes: .....
- Thyroid: .....

i. **Respiratory system:**

- Respiratory rate: .....
- Thoracic cage shape: Barrel/pigeon/kyphosis/scoliosis/normal .....
- Configuration: Pectus excavatum/pectus carinatum/pallor .....
- Skin color and condition: Normal/cyanosis/pallor .....
- Chest expansion: Symmetric/asymmetric .....
- Percussion of lung field: Clear/not clear .....

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- Resonance: Hyper-resonance/dull .....
- Diaphragmatic excursion: Dull/normal .....
- Lung auscultation: Bronchovesicular/vesicular/whispered/rhonchi/rales/crackles .....
- Breath sound: Vesicular/bronchial/bronchovesicular.....
- Respiratory pattern: Normal/tachypnea/Cheyne–Stokes/hypo/hyper/ventilation .....

j. **Cardiovascular system:**

- Pulse: ..... Heart sound: S1, S2 heard .....
- Abnormal heart sounds: S3 or S4 present/absent .....
- Peripheral pulses: Volume/rhythm/irregular .....
- Murmurs: Present/absent.....
- Blood pressure: .....
- Cyanosis: Present/absent.....
- Edema: Present/absent.....
- Type of edema: Pitting/non-pitting/pretibial generalize.....
- Varicose veins: Present/absent.....
- Venous ulcer: Present/absent.....

k. **Gastrointestinal system:**

- **Inspection:**

  Skin: Color/rashes/bruises/turgor/lesions/edema/straie/pigmentation/intact/shiny/smooth scar/umbilicus .....

  Abdomen: Symmetrical/contour/hernias/bulges/ascites/masses/scars/visible pulsation/veins/inability to lie flat .....

  Abdominal pain: Onset/quality/radiation/severity/time/pain scale .....

  Abdominal girth:.....

  Diarrhea/constipation: .....

- **Auscultation:**

  Bowel sounds: Normal/hypoactive/hyperactive/high pitch rusting/high pitch tinkling/present/absent/gurgles .....

- **Percussion:**

  Ascites/peritonitis: .....

  No gas/fluid collection: .....

- **Palpation:**

  Organomegaly/hepatomegaly/splenomegaly/aortic:.....

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Tenderness or in duration: Present/absent .....

Fluid collection: Present/absent .....

Masses/soft: .....

l. **Genitourinary system:**

- Urinary frequency: Normal/more/less .....
- Urinary patterns: Urgency ..... Retention: .....
- Dysuria: ..... Burning maturation: Present/absent .....
- Hematuria: Present/absent ..... Bladder distension: Present/absent .....
- Urethral discharge: Yes/no ..... Bladder tenderness: .....
- Testis: ..... Scrotum: .....
- Prostate gland: ..... Perineal area: .....

m. **Neurological system:**

- Level of consciousness: Alert/lethargic/stuporous/semicomatose/coma .....
- Orientation: What is the year/place/person/time/date/month .....
- Memory/concentration: Recent memory/long-term memory .....
- Communication and language skills: .....
- Knowledge test: .....
- Thinking: .....
- Judgement: .....
- Insight: .....

n. **Musculoskeletal system:**

- Gait: ..... Posture: .....
- Range of motion: Full/limited/fixed/all joints .....
- Joint pain/swelling/other: .....
- Weakness/paralysis/contracture: .....
- Muscles mass: .....
- Muscles strength (grade 1, 2, 3, 4, 5/normal): .....
- Spine: Lordosis/kyphosis/scoliosis .....

o. **Integumentary system:**

- Skin color: Pink/pale/ruddy/bruised/flushed/jaundiced/cyanosed .....
- Skin texture: Smooth/rough/fine/thin/scaly/puffy/moist/dry .....
- Skin integrity: Intact/redness/breakdown/pressure ulcer .....
- Temperature: Cold/cool/warm/hot .....

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- Turgor/mobility: Elastic/nonelastic/tenting/wrinkles/edematous tight.....
- Edema: Cutaneous/pitting edema/nonpitting .....
- Lesions: Abrasions/macule/papule/vesicle/fissures/cysts/erythema/wheals/patch plaque/laceration/ulcer/tumor .....
- Bluish discoloration:.....
- Clubbing of nails: Absent/present ..... color of nails: .....

10. **Final impression:**

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11. **Investigations:**

S. No.	Date	Investigation	Patient's Value	Normal Value	Remarks

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12. **Medication:**

S. No.	Name of the Drug	Route/ Dose	Time	Indication	Contraindication	Side-effects	Nurse's Responsibility

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13. **Disease condition:**

a. **Introduction:** .....

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b. **Definition:** .....

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c. **Review of anatomy and physiology with diagram:**

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d. **Pathophysiology of disease:**

e. **Risk factors:**

Book Picture	Patient Picture

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f. **Etiology:**

Book Picture	Patient Picture

g. **Clinical manifestation:**

Book Picture	Patient Picture

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h. **Diagnostic evaluation:**

Book Picture	Patient Picture

i. **Management:**

- **Medical management:**

Book Picture	Patient Picture

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- **Surgical management:**

Book Picture	Patient Picture

- **Supportive therapies:**

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- **Complications:**

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- **List of nursing diagnosis:**

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- **Nursing care plan:**

Assessment	Nursing Diagnosis	Goals and Outcomes	Interventions	Implementation	Evaluation

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Assessment	Nursing Diagnosis	Goals and Outcomes	Interventions	Implementation	Evaluation

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Assessment	Nursing Diagnosis	Goals and Outcomes	Interventions	Implementation	Evaluation

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Assessment	Nursing Diagnosis	Goals and Outcomes	Interventions	Implementation	Evaluation

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14. **Prognosis report:**

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

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15. **Health education:**

Disease condition:

Diet:

Personal hygiene:

Medication:

Lifestyle modification:

Follow-up:

Other:

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16. **Summary:**

17. **Conclusion:**

18. **Bibliography:**

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- This book will facilitate the student's gain of advance practical knowledge in many clinical specialized areas
- Teachers will be able to evaluate their students' progress in the clinical and provide them feedback and direction as required
- Easy and simple language for better understanding with evaluation criteria

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