MSRM 140117.01.10.1

(R-4/19)

OKLAHOMA DEPARTMENT OF CORRECTIONS NURSING PRACTICE PROTOCOLS

DIZZINESS, LIGHT HEADED

(example - vertigo)

New Onset	Subjective Data: Allergies:								
Newly or recently discontinued medication:	Onset:				Chronic 🗖	Recurrence			
Loss of conscious: Yes No f"Yes" When: Recent head injury: Yes No f"Yes" When: Similar past problem: Yes No f"Yes" When: Similar past problem: Yes No f"Yes" When: History of: Hypertension Inner ear problems Sinus problems Seizures Diabetes Cardiac Current medication(s): Associated symptoms: Nausea Vomiting Ringing in ears Pain in ears Loss of hearing Numbness/weakness Nausea Vomiting Ringing in ears Pain in ears Loss of hearing Numbness/weakness Nausea Vomiting Ringing in ears Pain in ears Loss of hearing Numbness/weakness Nausea Vomiting Ringing in ears Pain in ears Loss of hearing Numbness/weakness No static (Inicially indicated VS) Tilt Test: BP (eiting) (lying) (standing) Pulse (sitting) (lying) (standing) Resp. Temp. Wt. Oz sats. FSBS: Skin Color Skin Turgor Neurological Ears Pulse Prink Diameter No shormalilities Ringing in ears Pulse Pulse Pink Diameter No shormal little Ringing in ears Pulse Pulse Pink Diameter No shormal little Ringing in ears Pulse Pink Diameter No shormal little Ringing in ears Pulse Pink Diameter No shormal little Pulse No shormal little Ringing in ears Pulse Diameter Pulse Diameter No shormal little Diameter No shormal little Diameter									
Recent exposure to sun: Yes No f"Yes" When:									
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Similar past problem:									
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Current medication(s): Associated symptoms: Nausea Vomiting Ringing in ears Pain in ears Loss of hearing Numbness/weakness Objective Data: (clinically indicated VS) If Test: BP (sitting) (lying) (standing) Pulse (sitting) (lying) (standing) Resp. Temp. Wt. O2 sats. FSBS: Skin Cotor Skin Turgor Awake Pupils equal No abnormalities Strong Pale Alert Pupils unequal No abnormalities Strong Pale Alert Pupils unequal No abnormalities Strong Pale Oriented X Pupils unequal No abnormalities Regular Trauma Thready Pupils unequal No abnormalities Regular Trauma Thready Pupils unequal No abnormalities Pupils No abnormalities Regular Trauma Thready Pupils unequal No abnormalities Trauma Thready Pupils unequal No abnormalities No abnormal gait Unable to follow Other: Trauma Thready Pupils unequal No abnormalities Thready Pupils unequal No abnormalities No abnormal gait Pupils No abnormal gait No abnormal gai									
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Pink	Resp Temp Wt O ₂ sats FSBS:								
□ Pale □ Cool □ Pale □ Oriented X □ Pupils unequal □ noted □ Regular □ Mottled □ Dray □ Decreased □ Oriented X □ Pupils constricted □ Drainage □ Trauma □ Thready □ Jaundiced □ Drainage □ Confused □ PepRRLA □ Drainage □ Trauma □ Thready □ Comatose □ Normal gait □ Unable to follow commands □ Other: □ Other: <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>									
Cyanotic Dry Decreased Oriented X Pupils constricted Drainage Trauma		_							
Jaundiced Lethargic Comatose Unable to follow commands Other: Irregular Other:	☐ Cyanotic	☐ Dry		☐ Oriented X	(🚨 Pupils	constricted	□ Drainage	■ Weak	
CONTACT HEALTH CARE PROVIDER IMMEDIATELY IF:		☐ Clammy							
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Abnormal ear symptoms Nausea / vomiting, dehydration On medication Neurological deficits: unequal pupils, difficulty walking/abnormal gait, weakness, numbness, facial asymmetry, disorientation Health Care Provider:Time Notified:Orders Received for Treatment: Yes No If physical exam is negative for any of the above s/s and/or there is no need for additional medication/treatment, proceed with nursing interventions. Plan: Interventions: (check all that apply) Check in assessment only for health care providers visit Chief complaint resolved prior to appointment. Instructed inmate to follow-up sick call for signs/symptoms warranting further evaluation. Assessment completed Place in supine position with eyes open have inmate stare straight ahead and place pillow on each side of head Antihistamine "Meclizine, (Antivert)" one (1) p.o. 3 times day pending health care provider assessment (This will require an order from the health care provider) Encourage increase of oral fluids Education/Intervention: Instructed to sit when feeling dizzy to avoid injury, methods to decrease sensation of vertigo, medication use, follow-up sick call if no improvement. Inmate verbalizes understanding of instructions. Progress Note:				odina					
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(Last, First)