

Miss Pamela Coughlan - Daily Nursing Regime

Miss. Coughlan's disability is physical and not due to mental dysfunction. She can make her needs known whereas those of Mr. Squires must be constantly monitored and anticipated by his carers. Her daily care routine comprises:

RISING: (approx. 08-30)

Does not take breakfast. Requires washing and a sling hoist is used to aid bathing. Continence pads are changed as required and usually on request. Needs to be lifted into her wheelchair.

MEALS:

Eats normal diet unsupervised but food must be cut up for her but is able to feed herself via. a spoon strapped to her hand. Cup is held by somebody for her to drink. Can summon assistance if required.

DAY:

Miss Coughlan spends her day in her powered wheelchair which she can manipulate with considerable skill and dexterity. She has a very active mind and does not require stimulation or specialist psychiatric care. She resides in a self-contained flatlet within Mardon House and is able to undertake day trips via. a specially adapted vehicle, visiting friends etc. Her continence pads are changed as required and on request.. She takes refreshments throughout the day with assistance as noted above. She is able to select her own clothing and menu and can vary and manage her own diet. She is supplied with an abundance of reading matter, compact disks, plus radio and TV receivers. She can write letters and use the telephone but requires assistance with dialling, etc..

NIGHT:

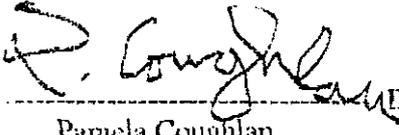
Miss Coughlan is turned throughout the night at 2 - 4 hourly intervals to avoid pressure sores. Her continence pads are changed as required. She does not need sleep-inducing drugs and can summon the night-staff for assistance as required.

COMMENTS:

Miss Coughlan's medical problems comprise:

1. Tetraplegia. She retains partial use of her arms via. her shoulder muscles. Her breathing is shallow but she has learned to accommodate for this.
2. Does not require regular medication other than sennacot and suppositories/manual evacuation.
3. Suffers from headaches due to autonomicdisreflexia, necessitating intervention to effect an immediate position change.

I Confirm that the forgoing is a true and accurate statement of the nursing care provided to me, Pamela Coughlan, at Mardon House. Exeter. Devon

Signed:  Date: 
Pamela Coughlan

