

Shortness of Breath Management (Ambulatory) – CE

CHECKLIST

S = Satisfactory **U** = Unsatisfactory **NP** = Not Performed

| Step | S | U | NP | Comments |
|--|---|---|----|----------|
| Performed hand hygiene and donned appropriate PPE based on the patient’s signs and symptoms and indications for isolation precautions. | | | | |
| Introduced self to the patient. | | | | |
| Verified the correct patient using two identifiers. In a life-threatening situation, verified the correct patient only if it did not delay the procedure. | | | | |
| Explained the procedure to the patient and ensured that he or she agreed to treatment. | | | | |
| Ensured that evaluation findings and laboratory results were communicated to the clinical team leader per the organization’s practice. | | | | |
| Followed the organization’s process for activating an emergency response if the patient was having difficulty speaking, was breathless, dizzy, or lost consciousness. | | | | |
| Obtained the patient’s actual weight in kilograms. | | | | |
| Obtained the patient’s vital signs, including oxygen saturation. | | | | |
| Obtained a detailed history from the patient. | | | | |
| Evaluated the patient’s cardiovascular status. | | | | |
| Evaluated the patient’s respiratory status. Evaluated for dyspnea or hypoxia. Paid specific attention to the quality, quantity, and effort of respiration. Listened for abnormal lung sounds during auscultation such as the absence of breath sounds or rhonchi, wheezing, rales, or pleural rub. | | | | |
| Inspected the patient’s skin for signs of cyanosis. | | | | |
| Placed the patient in a position of comfort. | | | | |
| 1. High-Fowler position | | | | |
| a. Raised the head of the bed to an upright position. | | | | |
| b. Considered using pillows on the bed to maintain the patient’s position, or elevated the foot of the bed slightly while keeping the head of the bed elevated, if the patient | | | | |

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| could tolerate this position. Used pillows for only a limited time. Observed for leg edema as indicated. | | | | |
| 2. Orthopnea position | | | | |
| a. Seated the patient on the edge of the bed with his or her feet dangling, or seated the patient in the bed with an over-bed table placed across his or her lap and raised to a comfortable level. | | | | |
| b. Padded the patient's arms by allowing them to rest on a pillow or blankets. | | | | |
| Administered oxygen per the practitioner's orders. | | | | |
| 1. Ensured that an appropriate-size face mask or nasal cannula was used for the patient. | | | | |
| 2. Ensured that the lowest FIO ₂ that produced adequate oxygenation was used. | | | | |
| Obtained laboratory blood specimens if ordered. | | | | |
| In the presence of the patient, labeled the specimen per the organization's practice. | | | | |
| Placed the labeled specimen in a biohazard bag and transported it to the laboratory immediately per the organization's practice. | | | | |
| Administered medications per the practitioner's orders. | | | | |
| Reevaluated the patient's oxygenation status. | | | | |
| Observed the patient for continued improvements in oxygenation and reduction of signs and symptoms of shortness of breath. If the patient's respiratory status deteriorated, anticipated the need for more aggressive measures. | | | | |
| Ensured that oropharyngeal suction and emergency airway equipment were readily available. | | | | |
| Monitored the patient for adverse and allergic reactions to the medication. Recognized and immediately treated | | | | |

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| respiratory distress and circulatory collapse. Followed the organization's practice for emergency response. | | | | |
| Discarded supplies, removed PPE, and performed hand hygiene. | | | | |
| Documented the procedure in the patient's record. | | | | |

Learner: _____ Signature: _____

Evaluator: _____ Signature: _____

Date: _____