**Gordon's Functional Health Patterns Assessment Tool**

***Student Name \_Uvbi Osatohangbon\_\_\_ Date(s) cared for \_\_Nov. 16/2022\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Client's Initials \_\_QO\_\_Age \_\_15\_\_\_\_Dr. \_\_\_\_\_\_\_\_\_\_\_\_Co-assigned nurse \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Diagnosis \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***History*** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Health Pattern | Report | Shift Assessment |
| **Health Perception -****Health Management:*** Allergies
* Risk for falls
* Gait/coordination
* Personal Care
* Skin condition: wounds/dressing
* Side rails/call bell
 |  | * No allergies
* Low risk of fall related to good balance

and age* Risk of fall may increase due to winter

weather* Good gait and coordination, no problems

were noted* No wounds or dressing, skin is in good condition
 |
| **Nutritional - Metabolic:*** Diet/fluids/appetite
* Risk for choking
* Integrity of mm
* IV solution/rate/site
 |  | * Craving a lot of sweet things and vanilla

Coffee* Diet has been mostly consisting of carbohydrates and grains
* Normally doesn’t have trouble swallowing

Therefore, is at low risk for choking. Risk increases when eating to fast or not chewing enough |
| **Elimination:*****Bowels**** Last BM: colour/consistency
* Bowel Sounds/continence
* Laxative use/suppositories

***Urinary**** Pattern/freq/amount/colour/clarity
* Continence
* Attends/catheter
 |  | * Last BM: color – brown,

 consistency – hard/solid* No laxative or suppositories
* Continence
* Bowel sound present in all 4 quadrants
* Urinary continence
* Urinary

- an avg of 3 times/day- Recently Urine has been a lighter yellow |
| **Activity - Exercise*** TPR/B/P/SpO2
* Peripheral pulses/CMS
* Skin Colour
* Air entry/adventitious sounds
* Smoker?
* Level of activity
* Assistive Devices
* Assist with transfers
 |  | * Non-Smoker
* Normal skin color
* Walk typically every morning Mon-Fri
* No assistive devices or assist

with transferBefore exercise * Resp: 20
* HR: 78

After exercise* Resp: 30
* HR: 82
 |

|  |  |  |
| --- | --- | --- |
| **Sleep - Rest:*** Sleep Time
* Rest Patterns
* Comfort
* Pain/VAS
 |  | * Sleep time 7h/day
* No discomfort
* Pain: 0
 |
| **Cognitive - Perception:*** Oriented x 3
* Cognitive status
* Visual/hearing aids
 |  | * Alert and oriented to person, place,

time and situation* Uses prescription glasses
 |
| **Self Perception - Self concept:*** Mood
* Belief system
* Understanding of illness &

treatments* Decision making capacity
 |  | * Mood – stressed and unmotivated

but does not act upon it and still keeps on pushing through* Is able to make decisions for herself
 |
| **Role Relationship:*** Support systems (family/friends)
* Ability to communicate
* Visitors
* Social activities
 |  | * Goes to Family for support
* Can communicate
* Social activities: Social justice club,

and was previously involved in rugby sport  |
| **Sexuality - Reproductive:*** Behavioural issues
* Expresses/responds to affection
 |  | * No behavioral issues found
* Expresses and responds to affection towards close friends and sometimes family
 |
| **Value - belief:*** Personal goals
* Expression of contentment vs.

unfinished business |  | * Goals: keep good grades at school

and a good average, learn more piano* Contentment: 4/10 due to test related

stress and unsatisfaction towards work life in the sense that is not existent |
| **Coping - Stress Tolerance*** Stressors
* Coping methods
* Recent trauma/surgery/loss
 |  | * Stressors: upcoming test, job hunting,

Learning piano* No coping methods
 |

**Other significant data:** Patient says she feels like she need help dealing with current stressors in her life

 Gordon's Assessment Tool 2011