**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 transfer  Before exercise   * Resp: 20 * HR: 78   After exercise   * Resp: 30 * HR: 82 |

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| **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