

POMR (Problem Oriented Medical Record)

Name : Mrs X
Age : 36 years old

DATA BASE	CLUE AND CUE	PROBLEM LIST	INITIAL DX	PLANNING			
				DIAGNOSIS	THERAPY	MONITORING	EDUCATION
Female, 36 yo Chief complaint : Shortness of breath Anamnesis : - Shortness of breath 2 month ago, come and go - Getting worse with hard activity - Productive cough with yellowish sputum - Fever noted 7 days - Decrease of appetite, bloating and nausea - Stay in crowded area Physical examination : Severe ill, GCS 456, BP 150/90 mmHg, Pulse 113 x/mnt (irregular), RR 28 x/mnt, t 38,5°C Head : Anemic Neck : JVP = R+ 4 cmH20 (position 45°) Chest : Rhonci on middle lung (right & left); Gallop rhythm Abdominal : Liver and spleen unpalpable Extremity : normal limit Laboratory finding : Hb 9,8 gr% Leucocyt 12.500 sel/UL Thrombocyt 200.000 sel/UL ESR 75 /hour RBS 143 mg/dl Ureum 19 mg/dl Creatinin 1,0 mg/dl	- Female, 36 years old - Dyspneu of effort - Productive cough - Fever - Dyspepsia - Hypertension (stage 1) - Anemic - JVP increase - Rhonchi - Gallop rhythm - Leucocytosis - ESR increase - Female, 36 yo - Anemic - Hb 9,8 gr%	1. DYSPNEU	1.1 Heart Failure 1.2 Pneumonia 1.3 Lung TB with secondary infection	- Thorax PA - Echocardiograph - Sputum analysis (AFS) - Antibiotic sensitivity test	- Oksigen 2 lt/mnt - IV line infusion (NS/D5%) - Diit High kalori and protein (low salt) - Ceftriaxon 1 gr/12 hours - Paracetamol 500 mgr/8 hours (orally) - Glycerilguaicolat 100 mg/8 hours (orally)	- Vital sign (GCS, BP, RR, P, t) - Hemoptoe	- Life style - Higiene sanitation - Family planning
		2. ANEMIA	2.1 Anemia hipocrom microcytic 2.2 Anemia megaloblstic	- SI (serum iron) - TIBC - Feritin serum	- Sulfas Ferrous 1 tab/24 hours	- Hemoglobin	- Nutritional satus - Family planning

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