

## 3

## Lyme Disease

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

NRS  
DATE INITIAL

--

**I. The client/caregiver can explain Lyme disease.**

- A. It is a disease caused by bacterium and is transmitted to humans by the bite of an infected black-legged tick.
- B. Symptoms are as follows:
  - Fever
  - Headache
  - Fatigue
  - Skin rash called erythema migrans (bull's eye appearance)
  - Muscle pains
  - Stiff neck
  - Joint inflammation (particularly in knees and large joints)
  - Overall itching
  - Change in behavior
- C. Complications of Lyme disease are infections that can spread to joints, heart, and nervous system, such as:
  - Arthritis
  - Meningitis and encephalitis
  - Bell's palsy
  - Heart complications

**II. The client/caregiver can list risk factors for Lyme disease.**

- A. Walking in tall grasses
- B. Other outdoor activities that risk exposure to ticks
- C. Having a pet that goes outdoors and may carry ticks

**III. The client/caregiver can list measures to prevent or manage Lyme disease.**

- A. Contact physician for testing.
- B. Take medications as ordered by physician.
- C. Have regular checkups with physician.
- D. Avoid fatigue.
- E. If walking in wooded or grassy areas, tuck long pants into socks to protect legs.

NRS  
DATE INITIAL

--

- F. Wear shoes and long-sleeved shirts.
- G. Wear white or light colored clothing, making it easier to identify ticks.
- H. Use insect repellent on skin and spray your clothes.
- I. Check for ticks on yourself (even your scalp) and pets.
- J. Remove tick immediately with tweezers using steady traction. Swab area with antiseptic after removing tick.
- K. Signs and symptoms to report to physician are as follows:
  - Headache
  - Muscle weakness
  - Altered mental functioning
  - Excessive drowsiness
  - Flu-like symptoms

**RESOURCES**

Lyme Disease Association  
[www.lymediseaseassociation.org/](http://www.lymediseaseassociation.org/)

Local or state department of health

Centers for Disease Control and Prevention  
[www.cdc.gov/](http://www.cdc.gov/)

**REFERENCES**

- Canobbio, M. M. (2006). *Mosby's handbook of patient teaching*. St. Louis: Mosby Inc.
- Hitchcock, J. E., Schubert, P. E., & Thomas, S. A. (2003). *Community health nursing: Caring in action*. Clifton Park, NY: Thomson Delmar Learning.
- Perry, A., & Potter, P. (2006). *Clinical nursing skills & technique*. St. Louis: Mosby Inc.
- Taylor, C., Lillis, C., & LeMone, P. (2005). *Fundamentals of nursing*. Philadelphia: Lippincott, Williams & Wilkins.
- Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.