

<u>Step 1:</u> <u>ASSESSMENT</u>	<u>Step 2:</u> <u>NURSING DIAGNOSIS</u>	<u>Step 4(a):</u> <u>NURSING INTERVENTIONS</u> <u>STRATEGIES/ACTIONS</u>	<u>Step 4(b):</u> <u>RATIONALE</u>	<u>Step 5:</u> <u>EVALUATION</u>
<p>Organize the assessment data into meaningful clusters. Each separate cluster should support this nursing diagnosis.</p> <p>Objective Data</p> <ul style="list-style-type: none"> • Facial expressions • Changes in BP/VS • Behavior (restlessness, irritability, sighing) • Protecting the injured/operative area • Diaphoresis • Midline abdominal incision with dressing <p>Subjective Data</p> <ul style="list-style-type: none"> • Disturbances in sleep • Verbal reports of pain of 7 on 0 to 10 pain scale • Inability to maintain focus 	<p>Write a nursing diagnosis in two-part format: the diagnostic label (problem) followed by a statement of related factors (etiology).</p> <p>Acute pain related to surgical incision AED verbal reports of pain of 7 on a 0 to 10 pain scale.</p> <p><u>Step 3:</u> <u>EXPECTED OUTCOME</u></p> <p>Write specific goals and expected outcomes to indicate the desired or anticipated client response(s) to nursing interventions. Include a time frame for client accomplishment of the outcome.</p> <ul style="list-style-type: none"> • One hour after the administration of pain medication, client will report pain as a 3 on a 0 to 10 pain scale. • Client will report increased participation with activities by the end of the shift. 	<p>Using critical thinking, choose nursing interventions that are most likely to support or improve the client's health status, assisting them toward achieving the outcome. Place interventions in order of priority (e.g., assessment strategies first).</p> <ol style="list-style-type: none"> 1. Assess for clinical manifestations of pain every 4 hours. (Verbalization of pain, grimacing, reluctance to move, restlessness, diaphoresis, changes in VS.) 2. Assess client's perception of the severity of pain using a pain intensity rating scale every shift. 3. Implement measures to promote rest (minimize environmental activity and noise.) 4. Administer the prescribed medication as ordered (narcotics analgesics q 4-6 hours as needed, nonopioid analgesics q 4-6 hours as needed.) 5. Provide nonpharmacologic methods for pain relief (massage, relaxation techniques, guided imagery, position changes.) 	<p>Write the scientific rationale for each of your interventions. Explain HOW or WHY your intervention will help improve or resolve the client's problem and achieve progress toward the expected outcomes.</p> <ol style="list-style-type: none"> 1. Early recognition of clinical manifestation allows for prompt intervention and improved pain control. 2. An awareness of the severity of pain being experienced helps determine the most appropriate intervention(s). 3. Fatigue can decrease the client's threshold and tolerance for pain and thereby heighten the perception of pain. 4. Pharmacologic therapy is an effective method of relieving pain. 5. Nonpharmacologic pain management includes a variety of interventions. It is believed that most of these are effective because they stimulate closure of the gating mechanism in the spinal cord and subsequently block the transmission of pain impulse. 	<p>Using critical thinking, compare the client's responses to your interventions with the expected outcomes. Analyze if any parts of the care plan need revision.</p>