

# Rachel Dietz

## Nursing Problem Worksheet

Name:

<b>Anticipated Patient Problem</b>  <b>and</b>  <b>Goals</b>	<b>Relevant Assessments</b>  (Prewrite) What assessments pertain to your patient's problem? Include frequencies	<b>Multidisciplinary Team Intervention</b>  (Prewrite) What will you do if your assessment is abnormal?
Problem: <b>impaired mobility</b>  Reasoning: inability to perform activity as instructed • Im to scared I will hurt my self • reluctance to attempt movement  Goal: Pt. will perform leg exercises three times during my time of care.  Goal: Pt will have intact skin, clear breath sounds, normal bowel sounds, and absence of thrombophlebitis during my time of care.	Assess current activity level WNL Q 4hr	encourage active Rom with all unaffected extremities Q 4hr
	Assess pain level prior to exercise/position changes -Q 4hr	Administer analgesics PRN for pain
	Assess strength / steadyness of gait Q 6hr	maintain weight-bearing status of affected extremity as ordered Q 6hr
	Assess positioning inbed Q 2hr	Assist in positioning using an abductor wedge Q2hr
	Assess willingness to perform prescribed exercises Q 4hr	Assist and encourage exercise. as prescribed to the affected joint Q 4hr

<b>Anticipated Patient Problem</b>  <b>and</b>  <b>Goals</b>	<b>Relevant Assessments</b>  (Prewrite) What assessments pertain to your patient's problem? Include frequencies	<b>Multidisciplinary Team Intervention</b>  (Prewrite) What will you do if your assessment is abnormal?
Problem:  <b>Acute pain</b>  Reasoning: pain description - 7/10 pain - HR > 100 bpm Goal: - pain scale will be ≤ 4/10 during my time of care Goal: - HR maintained between 60-100 bpm during my time of care.	Assess VS Q 4 hr	provide relaxation and distraction techniques PRN for pain
	Assess pain level Q 4hr	Administer analgesics as ordered PRN for pain >7/10
	Assess report of pain Quality, radiating, location Q 4hr	provide cold therapy compress PRN for pain
	Assess positioning of affected extremity Q 2hr	Assist in elevating/ changing position Q 2hr
	Assess willingness to explore range of techniques to control pain Q 4hr	provide anticaptory instructions on pain causes, appropriate prevention and relief measures Q 4hr