

## Nursing Problem Worksheet

Name: Alex Brzozowski

| Anticipated Patient Problem<br><br>and<br><br>Goals  | Relevant Assessments<br><br>(Prewrite) What assessments pertain to your patient's problem? Include frequencies | Multidisciplinary Team Intervention<br><br>(Prewrite) What will you do if your assessment is abnormal? |
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| <b>Problem:</b> Impaired Gas Exchange<br><br><b>Reasoning:</b> RR rate, O2 Sat, difficulty breathing<br><br><b>Goal:</b> RR will remain between 12-20 throughout my time of care<br><br><b>Goal:</b> Pt. will use the IS 10 times an hour during my time of care | Monitor pulse ox Q3 hrs. to make sure its in normal range (88% or higher on RA)                                | I will teach pt. how to use the IS and they will teach back, and do it at least 10x every hour         |
|  | Auscultate lung sounds Q4 hrs. for any abnormalities such as wheezing  | Notify the provider if I hear abnormal sounds  |
|  | Monitor RR rate Q4hrs to make sure it is in normal range (12-20)   | Prop pt. up in semi-fowlers position to allow easier breathing   |
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| <b>Problem:</b> Fatigue with decreased exercise tolerance<br><br><b>Reasoning:</b> Shortness of breath, high RR rate, high HR, feeling tired<br><br><b>Goal:</b> Pt. will walk 300 ft. during my time of care without experiencing shortness of breath<br><br><b>Goal:</b> Pt. HR will remain normal of 60-100 after doing ROM exercises with pt. during my time of care | Monitor HR to make sure it's in normal range of 60-100 after ambulating 300 ft                                 | Notify the provider if the HR gets too high over normal of 100   |
|  | Monitor respiratory response to exercises, including monitoring O2 sat to make sure it is above 88% on RA      | Assist the pt. to try deep breathing to bring the O2 back up if it drops                               |
|  | Monitor pt. RR after a walk down the hall to see if it is still in baseline of 12-20                           | Allow the pt. to sit down and catch their breath and 10 minutes later recount their RR rate.           |
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