

Nursing Problem Worksheet

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Anticipated Patient Problem and Goals	Relevant Assessments (Prewrite) What assessments pertain to your patient's problem? Include frequencies	Multidisciplinary Team Intervention (Prewrite) What will you do if your assessment is abnormal?
Problem: Impaired gas exchange Reasoning: COPD Goal: By the end of my shift, client will have a normal RR of 12-20 Goal: By the end of my shift, client will not exhibit any signs of hypoxemia or confusion	Monitor respiratory rate and effort q2h and assess for use of accessory muscles	Position the client in high-fowlers position, leaning forward and elbows propped on the table
	Auscultate breath sounds q2-4h PRN	Educate the patient on breathing techniques, such as diaphragmatic or pursed lip breathing
	Measure oxygen saturation levels q2h	Encourage and assist with deep breathing exercises and the use of incentive spirometer
	Observe for signs of hypoxemia (cyanosis, confusion, restlessness,) q2h PRN	Adjust the flow of oxygen therapy as prescribed

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Problem: Body weight problem Reasoning: COPD "decreased intake occurring with fatigue and anorexia" Goal: By the end of my shift, the client will intake at least 50% of prescribed calories/meals Goal: During my time of care, the client will remain stable or have increased their body weight	Regularly monitor weight and calculate BMI to identify trends in weight loss or underweight status.	When not otherwise indicated, encourage fluid intake (2.5L/day or more)
	Assess food and fluid intake q4h PRN	Provide a diet in small, frequent, high caloric meals that are nutritious and easy to consume
	Evaluate muscle tone, hand grip strength, and overall body composition PRN	Offer protein shakes to increase caloric intake and strength