Nursing Problem Worksheet

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Anticipated Patient Problem and Goals	Relevant Assessments (Prework) What assessments pertain to your patient's problem? Include frequencies	Multidisciplinary Team Intervention (Prework) What will you do if your assessment is abnormal?
Problem: Impaired gas exchange Reasoning: Pt. reports shortness of breath, difficulty breathing, oxygen sat. less than 95%. Wheezing, nonproductive violent coughs, HOB elevated 30 degrees. Goal: Pt will maintain oxygen saturation above 90% during my shift. Goal: Pt will demonstrate improved breathing patterns by the end of the shift (RR 12-20, unlabored, symmetrical).	Monitor VS (specially SpO2 and RR) q 1 hrs.	Administer supplemental oxygen if SpO2 falls below 90%, titrate oxygen to maintain levels PRN
	Auscultate lung sounds 4 hrs.	Encourage and educate on deep breathing exercises, pursed lip breathing, coughing, and use of incentive spirometry
	Observe for cyanosis by checking capillary refill, lips, fingertips for bluish discoloration q 2 hrs.	Promote physical activity to improve circulation and enhance oxygen delivery to tissues PRN
	Assess for use of accessory muscles q 2hrs.	Position in High Fowlers position to facilitate lung expansion and conserve energy
	Assess activity tolerance during any activity	Assist with ADLs and encourage use of walker to conserve energy

Anticipated Patient Problem and Goals	Relevant Assessments (Prework) What assessments pertain to your patient's problem? Include frequencies	Multidisciplinary Team Intervention (Prework) What will you do if your assessment is abnormal?
Problem: Anxiety	Monitor VS (specifically HR and BP, RR) q 2 hrs.	Encourage patient to address their concerns and communicate with the team to ensure and address their feelings

Reasoning: Pt. expresses worries and uneasiness about breathing difficulties, crying due to stress, restlessness. Goal: pt. will report an anxiety level of 4 or less on a numerical scale of 1-10 by end of my shift Goal: Pt will demonstrate different coping mechanisms by end of shift	Assess pt level of anxiety with numerical scale of 1-10 at beginning of shift	Provide emotional support and reassurance to alleviate fears throughout shift continuously
	Observe for signs of restlessness and agitation q 2 hrs.	Educate and guide pt towards using relaxation techniques (verbalizing fears, deep breathing, mindfulness) PRN for anxiety episodes
	Evaluate sleep patterns (quality and duration) q 2 hrs.	==Promote a relaxing environment (dim lights, privacy, noise reduction) and cluster care to provide comfortable area of rest==
	Evaluate what methods can be used as distractors at the beginning of my shift.	Provide quiet time, music, tv, family calls PRN.