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: Acute Pain **Reasoning:** Patient is suffering from osteoarthritis. Which is painful inflammation of the joint. **Goal:** Patient pain rating will be decreased to a rate of 3/10 by the end of my care. **Goal:** Client will be able to rest comfortably with a RR of 12-20 by the end of my care.	Assess clients' pain rating on a numeric scale q2hrs.	Administer PRN analgesics for pain.
	Assess clients' behavior, facial expressions, body action, and vocalization q2hrs.	Apply ice and heat therapy to joints that are affected by osteoarthritis q2hrs.
	Assess respiratory rate before and after administration of opioid analgesics upon every dose.	Contact provider immediately and discuss possible need of naloxone.
	Assess clients' level of comfortability and ability to rest comfortably.	Reposition client to a comfortable position and provide quiet environment for adequate rest q4hrs.

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 mobility. **Reasoning:** Patient is suffering from osteoarthritis which impairs ROM and makes it painful to move. **Goal:** Client will ambulate to bathroom with assistance during my time of care. **Goal:** Client will demonstrate proper use of incentive spirometer 10 times qhr by the end of my care.	Assess client's ability to perform ROM exercises q shift.	Demonstrate and use teach-back to help client preform exercises with assistance q4hrs.
	Monitor client for skin breakdown q2hrs.	Reposition patient by alternating left side, right side, and supine q2hrs.
	Assess lung sounds q4hrs for crackles/rhonchi that could be an indication of pneumonia.	Encourage the use of incentive spirometer 10 times qhr and deep breathing/coughing.
	Monitor legs for pain, pallor, pulse, paresthesia, poikilothermia and paralysis q2hrs.	Encourage the use of EPCs to prevent blood clots q4hrs.