

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 physical mobility. Reasoning: Osteoarthritis, Post THA, Weakness on affected extremity. Goal: Pain will reduce to a 3 by the end of my care. Goal: Able to ambulate 5ft with assistant by the end of my care	Assess ROM joints, shoulder, wrist, fingers, hips, knees, and feet q6h	Teach ROM exercise and return demonstrate.
	Assess any sign of skin break down q4h	Turn q2h.
	Assess muscle strength and gait q6h	Ambulate with assistance q2h.
	Assess knowledge of how muscle atrophy occurs q6h	Teach pt about the importance of maintaining muscle strength through exercise.
	Assess calf for tenderness, erythema, unilateral swelling of a lag, warmth in the involved area, pallor.	Maintain sequential compression device throughout my care.

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: Risk for falls Reasoning: Inflammation, Decrease ROM, Post THA, Weakness on affect extremity.	Assess Alert and Orient q6h	Maintain bed alarm while in bed.
	Assess morse fall scale once per day.	Apply fall risk band. Maintain bed in the lowest position.
	Assess knowledge use of call bell and assistive devices.	Teach and use teach back technique to demonstrate understanding.
	Assess ambulation (gait)	Assist when ambulate if gait not steady.

Goal: Will not fall by the end of my care

Goal: Educate on how to properly use assistive device and demonstrate back by the end of my care.

Assess surrounding environment	Clear any obstacles out of the way for clear path.
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