

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?
<p>Problem: Risk for infection</p> <p>Reasoning: Presence of surgical wound, potential for exposure to pathogens, and immunosuppression due to medications, elevated temperature and WBC, redness, swelling.</p> <p>Goal: The patient will remain free from signs and symptoms of infection during my time of care. (free from fever, elevated WBC, edema, erythema).</p> <p>Goal: Pt will apply preventive infection measures such as incentive spirometer use, hand washing, and deep breathing techniques during my time of care</p>	<p>Monitor vital signs: Check temperature, heart rate, and respiratory rate for signs of infection q2h.</p>	<p>Wash hands thoroughly before and after patient contact. Before and after entering patients room.</p>
	<p>Look for redness, swelling, warmth, or discharge at the incision site q1h.</p>	<p>Use aseptic technique: Follow sterile procedures during dressing changes and catheter care.</p>
	<p>Evaluate the patient's diet and weight to ensure adequate nutrition for healing q2h.</p>	<p>Educate the patient and family: Teach proper handwashing, wound care, and signs of infection to watch for PRN</p>
	<p>Review lab results: Check white blood cell counts and other relevant lab values for indications of infection PRN or when new orders/results available.</p>	<p>Reduce the number of visitors to minimize exposure to potential pathogens.</p>
	<p>Evaluate hygiene practices: Observe the patient's hand hygiene and overall cleanliness daily.</p>	<p>Ensure proper nutrition: Encourage a diet rich in protein and vitamins to support the immune system.</p>

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?
<p>Problem: Impaired</p>	<p>Measure the patient's joint flexibility and movement capabilities q1hr</p>	<p>Encourage active range of motion exercises: Help the patient perform exercises to</p>

<p>physical mobility</p> <p>Reasoning: Limited range of motion, difficulty in ambulation, and muscle weakness, bedfast, inability to turn, unsteady gait, assistive devices.</p> <p>Goal: Pt will ambulate with assistive devices with a steady gait during my time of care</p> <p>Goal: Pt will perform exercises such as pedaling, leg raises, and calf/thigh tightening during my time of care</p>		maintain or improve joint mobility.
	Test the strength of major muscle groups to determine any weakness q1h	Provide assistive devices: Offer walkers, canes, or other devices to aid in safe ambulation.
	Observe gait and balance: Watch the patient walk and note any instability or uncoordinated movements	Administer pain relief as prescribed: Give medications or apply heat/cold therapy to manage pain.
	Ask the patient to rate their pain during movement and at rest on a numerical 1-10 scale q1h.	Schedule regular repositioning: Assist the patient in changing positions every 2 hours to prevent pressure injuries. Provide elevation of bony prominences (heel) PRN
	Check for signs of pressure injuries: Inspect the skin for redness, sores, or breakdown, especially in areas under pressure q2h	Collaborate with physical therapy: Work with physical therapists to develop a tailored exercise and mobility plan.