

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: Impaired Gas Exchange</p> <p>Reasoning: Respiratory depression (side effect of opioid analgesics), lack of ambulation post-op, insufficient deep breathing post-op (risk for atelectasis)</p> <p>Goal: Will use IS (incentive spirometry) 10 times/hr. reaching a volume of up to 2000.</p> <p>Goal: Will demonstrate proper coughing and deep breathing qHour.</p>	Auscultate breath sounds q2-4h.	Educate on coughing and deep breathing exercises and perform teach-back demonstration.
	Monitor pulse oximetry continuously (telemetry).	Raise the HOB.
	Assess respiratory rate and work of breathing q2-4h.	Educate on proper use of IS and perform teach-back demonstration.
	Assess response to opioid analgesics (level of respiratory depression) q4h and before and after every administration.	Communicate with provider about alternative pain management/dosage changes.
	Evaluate ABG values after every blood draw.	Educate on pursed-lip breathing and perform teach-back demonstration.
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 Impaired Mobility</p> <p>Reasoning: Immobility post-op, fear of ambulating due to acute pain.</p> <p>Goal: Will ambulate to the bathroom when needs to void Day 1 post-op.</p> <p>Goal: Will perform ROM exercises q2h (active or passive, 5-10 repetitions of each exercise).</p>	Assess literacy level on use of ambulatory aids with the use of teach back/demonstration. (qDay and before d/c).	Educate on equipment maintenance and techniques for safe use to avoid injury.
	Assess ability to perform active ROM exercises and how many can be completed. (q2-4h 5-10 reps bilaterally).	Perform passive ROM exercises and educate on the importance of muscle strength in areas surrounding the replaced joint.
	Assess understanding of analgesic regimen. (qDay and before d/c).	Educate on proper use (dosage) and side effects, educate that decreasing pain will improve mobility status.
	Assess understanding of non-pharmacological pain relief methods. (qDay and before d/c).	Educate that ice is to reduce inflammation and should be used with caution if pt has decreased sensation.
	Assess gait when getting pt up to walk (q2h and ad lib).	Offer ambulatory aids, apply gait belt, and educate on proper use of assistive devices.