

## Nursing Problem Worksheet

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| Anticipated Patient Problem<br><br>and<br><br>Goals                                                                                                                                                                                                                                                                                                                                                                                   | Relevant Assessments<br><br>(Pework) What assessments pertain to your patient's problem? Include frequencies | Multidisciplinary Team Intervention<br><br>(Pework) What will you do if your assessment is abnormal?                 |
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| <b>Problem: Risk for Falls</b><br><br><b>Reasoning:</b><br><b>Osteoarthritis and Total Hip Arthroplasty can impair mobility due to joint pain, weakness, and stiffness, which increases the risk for falls.</b><br><br><b>Goal:</b><br><b>The patient will remain free from falls during my time of care.</b><br><br><b>Goal:</b><br><b>The patient will demonstrate the correct use of assistive devices during my time of care.</b> | <b>Assess signs of physical weakness, fatigue, or the patient's reluctance to move q2hr.</b>                 | <b>Provide rest periods as needed to allow the patient to recover from fatigue q2hr.</b>                             |
|                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Test muscle strength in the lower extremities q4hr.</b>                                                   | <b>Encourage simple range-of-motion exercises within their tolerance to prevent muscle stiffness q4hr.</b>           |
|                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Assess safety measures in the room (bed alarm, walkway, bed in lowest position) q2hr.</b>                 | <b>Educate the importance of proper footwear (non-slip socks) and keeping the environment clear of hazards q2hr.</b> |
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| <p><b>Problem: Impaired Mobility</b></p> <p>Reasoning:<br/> <b>After Total Hip Arthroplasty (THA), patients often experience impaired mobility due to pain, muscle weakness, and limited range of motion during the healing process. This is also a factor in OA patients, as joint damage affects mobility.</b></p> <p>Goal:<br/> <b>The patient will demonstrate improved mobility with the use of assistive devices by end of my care.</b></p> <p>Goal:<br/> <b>The patient will ambulate a distance of 10 feet with an assistive device by the end of my care.</b></p> | <p><b>Assess pain using a numeric pain scale (every 4 hours).</b></p>      | <p><b>Encourage and assist with the use of assistive devices, q4hr.</b></p>    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p><b>Assess for stiffness, edema in affected joints q2hr.</b></p>         | <p><b>Provide ice, heat therapy as tolerated q2hr.</b></p>                     |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p><b>Assess the patient's gait and use of assistive devices q4hr.</b></p> | <p><b>Educate the patient on the proper use of assistive devices q4hr.</b></p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p><b>Assess wound dressing for drainage, edema, pain q2hr.</b></p>        | <p><b>Maintain clean, dry, intact dressing, q2hr.</b></p>                      |