

Nursing Problem Worksheet

Name: Jocelyn Holden

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: Decreased Cardiac Output Reasoning: Decompensated HF Goal: Edema will not be present or will not increase during my time of care Goal: Demonstrates the importance of adhering to a low sodium diet and fluid restriction to prevent edema during my time of care	Monitor BNP Q12H, PRN lab draw	Educate on the importance of lifestyle modifications, medication adherence, regular exercise, and weight management Q12H
	Assess body weight daily	Administer Furosemide 40 mg BID
	Monitor heart rate and blood pressure Q4H	Administer Metoprolol 50 mg BID, Lisinopril 10 mg daily, Digoxin 0.25 mg daily PRN, abnormal BP & HR
	Assess edema Q6H	Elevate extremities along with maintaining TED stocking at all times
	Monitor intake and output Q6H, PRN I&O	Maintain strict fluid restriction to avoid fluid overload TID
	Assess peripheral pulses along with lower extremities color and temperature Q8H	Encourage exercise to increase blood flow, oxygenated blood flow to lower extremities Q4H

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: Activity Intolerance Reasoning: Unable to climb flight of stairs, increased SOB when walking to get mail, sitting up increases SOB Goal: Oxygen saturation will remain about 92% during ambulation during my time of care Goal: Demonstrates the importance of rest periods during activity during my time of care	Assess oxygen saturation prior to ambulation, during ambulation and after ambulation PRN, ambulation	Initiate or maintain oxygen therapy as needed; PRN oxygen sat < 92%
	Assess respiratory status during ambulation (shortness of breath, chest pain, etc.) PRN, ambulation	Encourage deep, slow respirations along with rest periods PRN, SOB
	Assess energy conservative strategies Q12H	Educate on the importance of rest periods after meals and in between activities BID
	Assess the level of physical activity tolerance and mobility daily	Set realistic goals for daily exercise daily ex. walk for five minutes TID
	Assess level of HOB Q4H	Maintain HOB ≥ 45 degrees to ensure full lung expansion and increased oxygenation Q4H
	Assess ability to perform activities of daily living independently without a decrease in respiratory status Q8H, PRN ADLs	Encourage independence with ADLs and recommend OT daily

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