

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: Decreased Cardiac Output. Reasoning: Weakened heart muscle due to heart failure which reduces the effectiveness of blood pumping. Goal: BP will be below 110<SBP<160 during my time of care. Goal: Output will be 30 mL/hr. qhr during my time of care.	Monitor intake and output q4hrs.	Administer diuretics such as furosemide prn.
	Assess heart rate and blood pressure q2hrs.	Administer Digoxin daily prn.
	Assess for contributing factors such as smoking, stress, weight, etc. q shift.	Provide education on smoking cessation, reducing stress, and weight reduction q shift.
	Assess for peripheral edema and weigh patient q shift.	Place pt. on fluid and sodium restriction q shift.
	Assess for changes in LOC, restlessness, and confusion q 2hrs.	Administer supplemental oxygen through NC prn.
	Assess the rating of all peripheral pulses bilaterally q2hrs.	Find a doppler to further assess pulses and notify provider immediately if pulses are absent prn.

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: Weakened ability of heart to pump blood which decreases amount of oxygen delivered to tissues causing fatigue. Goal: Pt. will ambulate to bathroom during my time of care. Goal: Pt. will be able to perform ADL's w/o multiple breaks during my time of care.	Assess for orthostatic hypotension q 4hrs.	Have pt. dangle on side of bed and move slowly when ambulating q every ambulation.
	Assess SpO2 with ambulation prn.	Administer supplemental oxygen through NC prn.
	Assess HR during rest and HR during ambulation q shift.	Assist with vagal maneuvers such as coughing, bearing down, or applying ice packs to face prn.
	Assess for chest pain, SOB, and chest discomfort q ambulation.	Administer analgesics before ambulating prn.
	Assess for fatigue w/ ambulation and completing ADL's q shift.	Cluster activities during the day and provide frequent rest periods in between q shift.
	Assess for pitting edema in extremities q 2hrs.	Elevate swollen extremities or implement compression stocking q2 hrs. when not ambulating.