

Name: _____

Nursing Problem Worksheet

| 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? |
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| <p>Problem: Risk for injury</p> <p>Reasoning: Cognitive impairment (confusion, impaired judgement, hallucinations, agitation), seizure risk due to withdrawal</p> <p>Goal: Will remain free from injury during my time of care</p> <p>Goal: Will maintain stable vital signs during my time of care (BP below 150/90, HR < 100, RR < 20, T: 36.5-37.5, SpO2 greater than 95%)</p> | Fall precautions in place (bed in lowest position, call bell within reach, bed alarm on, non slip socks) every time I enter room | Replace fall precautions by putting bed in lowest position, call bell within reach, bed alarms on and non slip socks every time I enter room |
| | Seizure precautions in place every time I enter the room | Place seizure precautions by applying pads to side rails, keep suction available, monitor neurological status PRN |
| | LOC every time I enter room | Reorient to reality of place, time, person PRN |
| | CIWA score Q2 | Administer Lorazepam IVP as prescribed if greater than 8 scored |
| | Vital signs (HR, BP, RR, temp) Q4 | Notify provider and monitor for seizures/resp depression PRN |
| | Electrolyte levels like magnesium, potassium, and sodium once during my time of care | Replace electrolytes PRN and notify provider |

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| <p>Problem: Ineffective coping</p> | Emotional status and mood (anxiety, agitation, | Administer antidepressant medication PRN |

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| <p>Reasoning: Overuse of alcohol greater than more than 4 a day or more than 14 a week, comorbidity of depression/anxiety, previous noncompliance of rehab, sleep deprivation</p> | <p>stressed, depressed) every time I enter the room</p> | |
| <p>Goal: Will verbalize one healthy coping strategy during my time of care (deep breathing, relaxation, journaling)</p> | <p>Presence of withdrawal symptoms like anxiety or agitation every time I enter the room</p> | <p>Provide therapeutic communication by validating feelings, restating, clear simple wording, and providing resources PRN</p> |
| <p>Goal: Will verbalize interest in rehab programs during my time of care like AA, outpatient centers.</p> | <p>Self care habits like hair care, clothing, odor Q4</p> | <p>Give self care items (shampoo cap, bath wipes, toothbrush) and educate on how this can improve mood PRN</p> |
| | <p>Suicidal ideation or plan Q4</p> | <p>Provide safety by notifying provider, implementing suicide precautions (1:1 sitter, removing harmful objects), and staying with patient PRN</p> |
| | <p>Support system (friends, support groups, family) Q4</p> | <p>Provide support resources like AA, social worker, outpatient therapy Q4</p> |
| | <p>Current use of coping strategies every time I enter the room</p> | <p>Provide coping strategies like deep breathing, journaling, distraction, relaxation PRN</p> |