

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 abnormal?
<p>Problem: Acute Pain related to surgical incision and inflammation secondary to Total Hip Arthroplasty.</p> <p>Reasoning: Postoperative pain is common after THA due to tissue trauma, inflammation, and muscle strain. Uncontrolled pain can delay mobility, impair breathing, and slow recovery.</p> <p>Goal: By the end of my care, the patient will be able to verbalize pain relief at a tolerable level (≤ 3 on a 0–10 pain scale).</p> <p>Goal: By the end of the shift, the patient will demonstrate use of prescribed pain relief methods (medication, positioning, and relaxation techniques).</p>	Assess pain level, location, and characteristics every 2 hours using a standardized pain scale.	Administer prescribed analgesics (e.g., opioids or acetaminophen) as ordered; reassess pain within 30–60 minutes after administration.
	Assess vital signs every 4 hours (elevated BP or HR may indicate pain).	Monitor for analgesic effectiveness and side effects (respiratory depression, hypotension). Adjust plan or notify provider if abnormal.
	Inspect the surgical incision every 4 hours for redness, swelling, drainage, or hematoma.	Apply ice pack to operative site for 15–20 minutes as ordered to reduce inflammation and pain; notify provider if drainage increases.
	Assess facial expression, positioning, and body language for nonverbal signs of pain throughout my time of care.	Reposition the patient using an abduction pillow and proper alignment to relieve muscle strain and discomfort.
	Ask the patient about comfort and pain triggers during rest and movement.	Educate the patient on deep breathing, relaxation, and the use of the call light before pain worsens or mobility attempts.

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 abnormal?

<p>Problem: Impaired Physical Mobility related to pain, muscle weakness, and postoperative restrictions secondary to total hip arthroplasty.</p> <p>Reasoning: Post-surgery, pain, weakness, and hip precautions limit safe movement and independence. Early, guided mobility helps prevent complications and promote recovery.</p> <p>Goal: By the end of the shift, the patient will participate in mobility activities (sit at bedside or ambulate with assistance). Goal: By the end of the shift, the patient will verbalize and demonstrate understanding of hip precautions during movement.</p>	Assess lower extremity strength and ability to move each leg every shift and before mobility.	Assist with ambulation or transfers using a gait belt and walker; provide standby assistance for safety.
	Assess vital signs and oxygen saturation before, during, and after ambulation.	If dizziness or instability occurs, stop activity, assist the patient to sit safely, and notify physical therapy.
	Assess the level of assistance required for transfers and ambulation.	Collaborate with physical and occupational therapy for a progressive mobility plan and adaptive equipment.
	Evaluate the patient's ability to use assistive devices correctly.	Provide instruction and demonstration on proper walker use, ensuring non-skid socks and a clutter-free environment.
	Assess the patient's knowledge and recall of hip precautions during care and movement.	Reinforce teaching on hip precautions: avoid crossing legs, bending the hip >90°, and twisting the affected leg.