

Nursing Problem Worksheet

Name: _____

Anticipated Patient Problem and Goals	Relevant Assessments	Multidisciplinary Team Intervention
<p>Problem: Impaired mobility</p> <p>Reasoning: limited ROM, difficulties with ambulation, dependent on assistive devices, post-op restrictions</p> <p>Goal: Patient will demonstrate safe transfers and use of an assistive device within 48 hours postoperatively</p> <p>Goal: Patient will ambulate 100 feet with assistance by day 3 post-op.</p>	Assess patient's gait, ability to reposition, transfer, ambulate with assistance, and sit Q shift.	Stop ambulation immediately with pain/ unsteady gait and notify surgeon.
	Assess skin integrity and pressure points Q2H at the same time as repositioning.	If any redness, blanching, or impaired skin integrity is apparent, cleanse area and apply an aquacel.
	Assess and measure limb length.	Note any visible deformities or compensatory movements. *For compression stockings
	Assess anxiety, coping, and motivation Q shift.	Provide a safe space for the patient, practice active listening, and notify provider if anxiety is affecting everyday activities or sleep patterns.
	Assess vital signs and orthostatic changes (BP, HR, RR, SpO2) Q4H and before and after any ambulation.	Assist patient back into bed into sitting or supine position; notify provider if BP is decreased, HR is increased, or SpO2 is less than 90%.

Anticipated Patient Problem and Goals	Relevant Assessments	Multidisciplinary Team Intervention
<p>Problem: Acute pain</p> <p>Reasoning: "Pain 8/10", grimacing, guarding, elevated BP, elevated HR</p>	Assess pain on a 0-10 scale, location, and type of pain Q4H and before and after administering analgesics.	Administer oxycodone and morphine at the appropriate dose ordered by the provider.
	Assess incision site for pain, pallor, edema, erythema, drainage Q4H.	If any pain, pallor, edema, erythema, or drainage, record findings and report to provider.

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<p>Goal: Patient will verbalize pain level at less than or equal to 4 within one hour of receiving oxycodone PO and morphine IVP.</p> <p>Goal: Patient will demonstrate understanding of rest, ice, and elevation by the end of my shift.</p>	<p>Assess patient's response to rest, ice, and elevation.</p>	<p>Reinforce use of prescribed analgesics, discuss alternative measures of comfort, and consult PT/OT.</p>
	<p>Assess emotional response to pain.</p>	<p>Sit with patient, encourage deep breathing, provide therapeutic responses.</p>
	<p>Assess effect of pain on sleep patterns and rest patterns Q shift.</p> <p>“Does your pain wake you from your sleep at night.”</p>	<p>Notify provider about possibly adjusting nighttime analgesic schedule and promote relaxation before bed.</p>