

Nursing Problem Worksheet

Name: Paige Psaroudakis

| 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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| Problem: Impaired Gas Exchange | Assess respirations rate, depth, and quality q 2 hrs. | Sit head of the bed up to a 90-degree angle and demonstrate deep breathing exercises to the patient. |
| Reasoning: Patient states shortness of breath, audible wheezing, O2 saturation 90% on oxygen therapy | Assess Lung sounds for audible wheezing q 4 hours. | Encourage coughing and deep breathing. |
| Goal: O2 saturation increased to above 92% with oxygen therapy | Assess SpO2 for oxygen level q 1 hour | Place patient in orthopneic position for 20 minutes and apply continuous SpO2 monitor. |
| Goal: Demonstrates correct use of incentive spirometer and achieve 1800. | Assess patients' knowledge of incentive spirometer or its correct use q once per shift. | Educate patient on the importance of the incentive spirometer, the frequency, and how to correctly use them. |
| | Assess patients' pain on a scale of 0-10 location and quality q 4 hours | Administer ordered pain medication |

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| Problem: Decreased activity tolerance | Assess patients understanding of ankle pumps, quad sets, and gluteal sets q once per shift | Provide education on use and demonstrate correct completion of exercises. |
| Reasoning: Resistance to physical activity, patient gasps for air and complain of lightheadedness when walking SpO2 drops below 88% | Assess SpO2 q 2 hours. | Encourage use of incentive spirometer and place patient in orthopneic position sitting of edge of bed |
| Goal: Ambulates 20 ft in the hallway with walker and gait belt | | Encourage ambulation and explain benefits |
| Goal: Ambulates to the bathroom and O2 saturation remains at 90% | Assess patients' openness to get out of bed during every meal q every meal | |

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| | Assess patients' respirations quality and depth q OOB | Sit patient down and encourage deep breathing. |
| | Assess patients' pain before ambulation | Administer ordered pain medication |