

Spinal cord thinking exercise

The nurse is developing a plan of care for a 17-year-old who was admitted to the hospital following a complete severing of the spinal cord at T10 resulting in paraplegia and necessitating mechanical ventilation for 24 hours: the patient is now off the ventilator and breathing on his own. He was admitted to the neurosurgical unit after open reduction and internal fixation (ORIF) to stabilize his spine.

Use an X to indicate whether the nursing actions below are *Anticipated* (appropriate or likely Necessary), *Contraindicated* (could be harmful), or *Non-Essential* (make no difference or are not necessary) for the patient's postoperative care at this time.

Nursing Action	Anticipated	Contraindicated	Non-Essential
Monitor vital signs per facility standards			
Encourage coughing and deep breathing exercises			
Administer analgesic as prescribed			
Reposition the patient every 4 hours			
Apply sequential compression devices			
Keep NPO until the patient voids and reports no nausea			
Obtain an order for echocardiogram			
Consult clergy or social worker for family support			
Collaborate with respiratory therapy to maintain oxygenation as needed			
Complete a dietary assessment			
Obtain an order for an indwelling urinary catheter			
Monitor the patient's level of sensory perception every 4 hours			
Collaborate with physical therapy to promote independence			

Rationales: Please document your rationales here.