

Jillian Schloemer
2/4/2021
Nursing Care Plan #2
Rehab
Instructor: Monica Dunbar

Nursing Diagnosis:

Activity Intolerance related to immobility as evidenced by:

- Patient unable to put full weight bearing on her left leg/foot (Toe-Touch Weight Bearing).
- Pain in left hip at a 12/10.
- Patient needs assistance while using the bedside commode.
- Patient is unable to walk with a walker more than 35 feet without becoming fatigued/SOB.

Goals and Outcomes:

Patient will display improvement in activity tolerance as evidenced by:

- Patient will be able to put partial weight bearing on her left leg
- Patient will report pain in left hip less than or equal to 5/10
- Patient will be able to walk to bathroom on her own with a walker
- Patient will be able to walk greater than or equal to 35 feet without becoming fatigued/SOB

By discharge.

Interventions:

- Assess patient's pain q4hr (0800, 1200, 1600, 2000).
Rationale: To evaluate whether or not her pain is being alleviated so she can have more mobility comfortably.
- Assess patient's ability to ambulate to the bathroom to identify what type of assistance she needs q4hr (0800, 1200, 1600, 2000).
Rationale: To identify what type of assistance she needs.
- Assess how far the patient is able to walk with a walker without becoming fatigued/SOB daily (1000).
Rationale: To identify whether or not the patient has walked a farther distance than the last time attempted.
- Administer Norco 5/325 q4hr or PRN (0800, 1200, 1400, 1600).
Rationale: To alleviate the patient's pain so to give her more mobility comfortably.
- Collaborate with physical and occupational therapy to create short-term goals at a time.
Rationale: To assist in the patient believing she is capable of getting back to or close to baseline and provide motivation.
- Educate the patient on increasing activity/exercise levels gradually, like resting for 3 minutes on a 10-minute walk daily (1400).
Rationale: To ensure that the patient is not overdoing it and becoming too

fatigued, too fast.

Outcomes:

2/4/2020 Goals partially met as evidenced by:

- Patient reported pain in her left hip at a 5/10.
- Patient was still only able to put toe-touch weight bearing on her left leg.
- Patient was able to ambulate to the bathroom by herself with assistance of her walker.
- Patient was able to walk 35 feet without becoming fatigued/SOB.

2/4/2020 Plan of care continued.

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