

Care Plan 2/11/2021 Roni Daughenbaugh

Nursing Diagnosis:

Activity Intolerance related to neuromuscular impairment secondary to Cerebrovascular Accident defined by

- Right sided moderate extremity weakness.
- Using wheelchair for gait.
- Inability to perform fine motor skills such as holding utensils.

Goals & Outcomes:

Patient will be able to tolerate activity by discharge.

- Patient shows 25% improved right sided extremity weakness.
- =Patient can walk from bed to chair without wheelchair.
- Patient able to use utensils without difficulty.

Interventions:

-Monitor vital signs and cognitive signs watching for changes in blood pressure, heart rate, respiratory rate, skin pallor, and confusion. (q4h: 0800,1200,1600, 2000)

Rationale: To determine if the patient is experiencing another CVA and/or the patient can receive his medication. As well as, if the patient is experiencing severe changes in the vitals that require immediate action.

-Increase exercise/activity levels gradually; teach methods to conserve energy, such as stopping to rest for 1 minute during a 5-minute walk. (Twice a Day 1000,1400)

Rationale: To conserve energy and prevent overexertion.

-Promote comfort measures to enhance ability to participate in activities such as comfortable shoe shoes/socks. (When the patient is out of bed)

Rationale: To enhance patients' ability to participate in activities and making the patient comfortable enough for them to push themselves as much as they can.

-Encourage participation in recreational, social activities, and hobbies appropriate for situation. (Twice a day 1100, 1600).

Rationale: To continue having the patient improve in skills he has to strengthen at and prevent the patient from developing depression.

-Give client information that provides evidence daily/weekly progress to sustain motivation such as improvement standing with walker. (Once daily of daily progress at 0800 and once of weekly of weekly progress on Monday at 0800)

Rationale: To motivate the patient to keep pushing themselves.

Evaluation:

2/11/2021 Goal partially met:

-Right sided extremity weakness improved by 15%.

-Patient able to stand with walker but unable to walk yet.

-Patient able to feed himself as he has improved his fine motor skill of holding utensils.

Continue Plan of Care

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