

Nursing care plan #1 Christina Lopez

Impaired physical mobility R/T reduced endurance AEB:

1. Inability to independently move left leg in bed.
2. RBC 3.02, Hgb 9.2, Hct 27.4
3. Postural instability when standing

Goals and outcome

Patient performs physical activity independently or within limits of disease.

Patient will:

1. Independently reposition left leg while in bed by discharge
2. R.B.C. 3.6-5.0, Hgb 11.8-15.4, Hct 34-46.4 by 2/14/21
3. Stand with a stable posture and gait when using walker by discharge.

Interventions

1. Assess patient's developmental level, motor skills, ease and capability of movement, posture, and gait TID QD at (0800) (1200) (1600)
 - To determine whether the patient can regain her strength
2. Perform a physical assessment related to immobility every 12 hours (0800 and 1600)
 - To maintain skin integrity and note any potential complications
3. Change position frequently, moving individual parts of the body to improve circulation every 2 hours ATC (0000, 0200, 0400, 0600, 0800, 1000, 1200, 1400, 1600, 1800, 2000 and 2200)
 - To improve circulation
4. Review lab values by obtaining an order to check R.B.C, Hgb and Hct every Monday (0500)
 - To determine whether the patient lab values are returning to normal
5. Educate patient about the proper use of mobility devices, such as a walker or cane.
 - to enhance mobility, promote safety, avoid falls and conserve energy

Evaluation

2/15/2021 Goals met AEB:

1. Patient able to independently reposition left leg in bed.
2. RBC 3.7, Hgb 11.8, Hct 37
3. Patient will be able to stand with stable posture and gait when using walker.

Discontinue plan of care.

Christina Lopez SN, FRMC