

Nursing Care Plan

Nursing Diagnosis: Impaired physical mobility related to advanced age as evidence by ambulation with walker, significant vision loss, a decrease in ADL's, and frequent rest breaks while ambulated due to shortness of breath.

Patient Outcomes: Goal: Patient will show improvement with physical mobility as evidence by:

- Patient will be able to correctly operate and ambulate with home Rollator independently.
- Patient will verbalize understanding of home safety needs due to impaired vision.
- Patient will be able to ambulate for 10 minutes without taking breaks due to shortness of breath.
- Patient will be able to participate in ADL's and desired activity.

Related Interventions:

- Pain Assessment Q2 W/A (0000, 0800, 1200, 1600, 2000).
- Vital Signs Q4 W/A (0800, 1200, 1600, 2000)-Assess BP, pulse, SPO2, and RR are within normal limits before exertion.
- Fall Risk Assessment TID (0600, 1400, 2100).
- Musculoskeletal Assessment QID (0800, 1200, 1600, 2000) - Assess strength before ambulating.
- Psychosocial Assessment BID (0800, 2000)-Assess any feelings of frustration or hopelessness.
- Reposition Q2 W/A (0000, 0800, 1200, 1600, 2000)-Prevention of pressure ulcers.
- Incentive Spirometer Q2 W/A (0000, 0800, 1200, 1600, 2000)-Promote lung expansion.
- Feeding Method QID (0800, 1200, 1600, 2000)-Encourage fluids and foods high in protein.
- Collaborate with PT BID (0900, 1400)
- Collaborate with OT BID (0900, 1400)
- Promote patient participation in ADL's QID (0800, 1200, 1600, 2000)
- Patient Safety Education TID (0600, 1400, 2100)-Use of side rails, fall risks, diet, exercise, medications, management of ADL's, use of adequate lighting, independent use of IS, ensure call light within reach.
- Norvasc 5 mg PO QAM 1 tablet-0900 for hypertension
- Multivitamin (Theragran) 1 tablet PO QAM-0900 for overall health
- Dorzolamide 2% optic solution 1 drop both eyes BID-0900, 2100 for glaucoma prevention.
- Acetaminophen 500 mg PO Q4 PRN-0000, 0800, 1200, 1600, 2000-for pain.

Evaluation: 2/13/2021 goals met by as evidence by:

- Patient has demonstrated safe and effective use of home Rollator independently.
- Patient and daughter verbalize the use of adequate lighting, objects out of pathways, and correct use of medication pill boxes due to patient's loss of vision.

- Patient has ambulated for at least 10 minutes without taking breaks due to SOB during physical therapy.
- Patient has participated in ADL's independently during occupational therapy and with nursing staff.

Patient ready for discharge on 2/16/2021

K.McCoy, SN, FRMC