

## Subjective

- Pain, burning, & cramping in legs during exercise
- Numbness or burning pain in feet while in bed.
- Pain relieved by placing legs at rest in a dependent position.

Reference:  
Holman, H.C., Williams, D., Johnson, J., Ball, B.S., Wheless, L K., Leehy, P., & Lemon, T. (2019). RN Adult Medical Surgical Nursing (11<sup>th</sup> Edition, p.223). Leawood, KS:

## Nursing Diagnosis/Outcomes

1. Ineffective Peripheral Tissue Perfusion related to atherosclerosis as evidenced by capillary refill >3 seconds. (Gulanick & Myers, 2016, location 16918)
  - a. Outcome: Client will maintain adequate tissue perfusion.
2. Impaired Skin Integrity related to decreased peripheral tissue perfusion as evidenced by ulceration over bony prominences. (Gulanick & Myers, 2016, location 17088)
  - a. Outcome: Client will experience healing of ulcers.
3. Acute Pain related to atherosclerosis as evidenced by verbal report of intermittent claudication
  - a. Outcome: Client will experience relief from acute pain associated with PAD.

Reference:  
Gulanick, M., and Myers, J. (2016). *Nursing Care Plans: Diagnoses, Interventions, and Outcomes* (9<sup>th</sup> Edition, E-Book, Location 16918-17088). St. Louis, Missouri: ELSEVIER.

## Objective

- Bruit over femoral and aortic arteries.
- Decreased capillary refill of toes
- Decreased or nonpalpable pulses
- Loss of hair on lower extremities
- Dry, scaly, mottled skin
- Thick toenails
- Cold & cyanotic extremity
- Pallor of extremity with elevation.
- Dependent rubor of extremity
- Muscle atrophy
- Ulcers and possible gangrene of toes.

Reference:  
Holman, H.C., Williams, D., Johnson, J., Ball, B.S., Wheless, L K., Leehy, P., & Lemon, T. (2019). RN Adult

## History of Present Illness

**N/A**

## Nursing Interventions

- 1a. Keep the extremity warm
  - Rationale: Warmth promotes vasodilation and comfort. (Gulanick & Myers, 2016, location 16981)
- 1b. Encourage participation in a progressive activity program.
  - Rationale: Gradual progressive exercise helps promote collateral circulation. (Gulanick & Myers, 2016, location 16981)
- 2a. Protect the skin from trauma and prolonged pressure.
  - Rationale: Poor peripheral circulation combined with decreased sensation places the patient at high risk for injury. (Gulanick & Myers, 2016, location 17113)
- 2b. Use sterile technique when caring for broken skin or vascular ulcers.
  - Rationale: The client is at risk for wound infection because of decreased arterial blood flow to the tissue. (Gulanick & Myers, 2016, location 17113)
- 3a. Administer analgesics as ordered.
  - Rationale: Analgesics may provide some relief from pain associated with PAD. (Gulanick & Myers, 2016, location 16981)
- 3b. Administer antiplatelet medications as ordered.
  - Rationale: Antiplatelet medications may increase pain-free walking distance and resting limb blood flow. (Gulanick & Myers, 2016, location 16981)

Reference:  
Gulanick, M., and Myers, J. (2016). *Nursing Care Plans: Diagnoses, Interventions, and Outcomes* (9<sup>th</sup> Edition, E-Book, Location 16981-17113). St. Louis, Missouri: ELSEVIER.