

Nursing Care Plan #1

Patient: D.B.

Patient Need: Skin integrity

Nursing Diagnosis:

- Problem: impaired skin integrity
- Etiology: related to lack of mobility and altered circulation
- Signs and Symptoms: as evidenced by pressure ulcer/wound, changes in skin color, changes around wound site

Expected Outcome	Nursing Interventions	Rationale	Evaluation
1. Short-term Goal: Patient will have no signs of infection or skin breakdown around wound site after 1 week. 2. Long-term Goal: Patient will regain normal skin color in 1 month by being repositioned in bed every 2 hours to stimulate circulation.	1. Monitor vital signs, especially body temperature, according to patient's baseline. 2. Monitor wound site daily while maintaining sterile wound care treatment. 3. Ensure that feeding tube is properly placed without irritating the skin.	1. Vital signs can be one way to tell if there is an infection. 2. Changes in wound site can detect any problems early, and sterile techniques for wound care are used to prevent infection. 3. Proper placement can prevent skin breakdown, especially	1. Short-term goal met evidenced by no signs of infection or skin breakdown around wound site after 1 week. 2. Long-term goal was met evidenced by more normal skin color in 1 month by being repositioned in bed every 2 hours to stimulate circulation.

	<p>4. Discuss with the doctor about patient's diet.</p> <p>5. Reposition patient every 2 hours to prevent skin breakdown and ensure careful patient transfer methods.</p> <p>6. According to doctor's orders, administer diet, medications, and</p>	<p>preventing any irritation on the skin which can later cause a problem and delay in healing.</p> <p>4. A diet high in calories and protein can ensure proper healing.</p> <p>5. Movement will help prevent friction or pressure, which can impair the skin further, and promote circulation, which can help in proper healing.</p> <p>6. The doctor's order is crucial for this patient, which serves as a</p>	
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	other exercises as ordered.	part of consistent and individualized patient care.	
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