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 Nursing Care Plan – PES Format
 2/24/22

Nursing Diagnosis: Impaired physical mobility related to piriformis syndrome as evidenced by
 Problem: Impaired Physical Mobility
 Etiology: piriformis syndrome
 Signs/Symptoms: limited ability to move purposefully within physical environment, including mobility and ambulation

Expected Outcome	Nursing Intervention	Rationale	Evaluation
<p>Patient will be free from complications of immobility within 3 days by having bowel patterns</p> <p>Patient evaluates pain and quality of management</p>	<p>Promote and facilitate early ambulation when possible. Assist with dangling legs, sitting in chair, ambulation.</p> <p>Show the use of mobility devices, such as trapeze, crutches or walkers.</p> <p>Allow the patient to accomplish tasks at her own pace and to encourage safe independent activity.</p> <p>Give medications as appropriate.</p> <p>Encourage light weight resistance-training exercises when suitable.</p> <p>Encourage a high fiber diet (2000-3000 ml/day)</p>	<p>These movements maintain mobility as well as increases self-esteem. It encourages the development of independence.</p> <p>These devices can compensate for impaired function and increase activity levels.</p> <p>Providers often hurry patients and do more than needed which slows down patient's recovery and confidence.</p> <p>Analgesics may reduce pain that impedes movement.</p> <p>Strength training can be effective in reducing falling and maintaining independent living.</p> <p>Helps to avoid hardening of stool.</p>	<p>Patient is free from complications of immobility, as evidenced by normal bowel pattern within 3 days</p> <p>Goal was met as evidenced by the increased ability to ambulate and using medications appropriately to manage pain.</p>

