

Alliance University

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NURSING CARE PLAN

Nursing Diagnosis

P: Acute Pain

Patient: M.H

E: Related to surgical tissue injury

Date: March 3, 2023

S: Patient states pain level is a 1 on a 0 to 10 scale

Diagnosis Colorectal cancer

Expected Outcome	Nursing Interventions	Rationales	Evaluations
<ul style="list-style-type: none">• Patient pain level will remain 1 on a 0 to 10 scale at the end of shift.• Patient will report a pain level of zero on a -0 to 10 scale on a discharge.	<ul style="list-style-type: none">• Respond immediately to reports of pain.• Promote periods of rest for the patient• Assess to what extent cultural, environmental, intrapersonal, and intrapsychic factors may be contributing to pain.• Use relaxation and breathing exercises and/or music therapy.• Administer patient medication as order.• Patient will maintain high fiber diet.	<ul style="list-style-type: none">• These influences alter the patient's expression of the pain experienced. This assessment can be used to evaluate each patient's unique response.• These techniques help produce a sense of tranquility for the patient. The goal is to reduce pain related to tension or stress.• To assess the effectiveness of treatment.• To provide pain relief to the patient• To enable to	<ul style="list-style-type: none">• Short term goal met; Patient maintain a pain level of 1 on a 0 to 10 scale by the end of the shift.• Goal unable to be met; shifted ended before patient discharge.

		<p>patient to receive more information and specialized care in pain management if needed. To create a baseline set of observations and vital signs for the patient. The 10-point pain scale is a globally recognized pain rating tool that is both accurate and effective.</p>	
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