

## NURSING CARE PLAN #1

**Date:** 3/2/2023

**Patient Initial:** K,J

**Patient Need:** intermittent catheterization

**Nursing Diagnosis:** impaired mobility (paraplegia) due to gunshot wound in spinal cord

**P:** impaired physical mobility due to paraplegia

**E:** as evidenced to gunshot wound to spinal cord

**S:** paraplegia

Expected Outcome Evaluation	Nursing Intervention	Rationale
--------------------------------	----------------------	-----------

<p><b>Short Term Goal:</b></p> <p>After education, the patient will be able to repeat back education about bladder management programs.</p> <p>By the end of the shift, the patient will be confident to self catheterize according to the bladder management program, and will void 300ml every 4 hours.</p> <p>The patient will show no signs of discomfort.</p> <p>The patient will have stable intake and output.</p>	<p>Assess that the patient is ready and alert to learn. Educate the patient thoroughly when they are awake and pain free about bladder management programs and answer any questions.</p> <p>Educate the patient about self catheterization and its importance. Provide a quiet, private space for the client to feel safe and comfortable for optimal learning. Self catheterization will be done every 4 hours and optimal fluid will be given in order to obtain optimal output.</p> <p>A quiet, comfortable space will be given to the client to see the physical therapist. Eliminated distractions and ordered medication will be administered on time to provide comfort and patient</p>	<p>If patient is not ready to learn, they will not retain the information needed to take care of oneself and perform ALDs.</p> <p>Education and confidence regarding self care will build self esteem and prevent infection. Intake and output are crucial to the healing process.</p> <p>Patient safety and comfort is always a priority for the best outcomes.</p>
---	--	--

<p><b>Long Term Goal:</b></p> <p><b>Patient will be able to accept their new conditions as paraplegic after discharge.</b></p> <p><b>Patient will ambulate 10ft with use of a walker and faculty by the end of the week.</b></p>	<p>will be repositioned Q2 to ensure there is no risk for pressure sores.</p> <p>Assessment of 300ml of fluid intake and 300ml output will be given and recorded.</p> <p>Assessment of needs and values will be involved in planning and interventions to help clients feel more secure and supported.</p> <p>Education and continuation and physical therapy will show muscle strength.</p>	<p>intake and output of proper fluids is crucial to healing as well as homeostasis.</p> <p>Patient confidence will speed recovery and allow for performance of ADLs</p> <p>Ambulation with and without assistance will build on physical therapy and help patient with ADLs.</p>	
--	--	--	--