

Date: March 3, 2023

Patient Initials: M.H.

Nursing Diagnosis: Acute Pain Related to Tissue Injury

P: Acute Pain

E: Patient states "pain level is at a 1"

S: Colorectal Cancer

| Expected Outcome | Nursing Intervention | Rationale | Evaluation |
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| <p>Short Term Goal:</p> <p>Patient will verbalize comfort measure techniques that reduce their pain level by the end of the shift.</p> <p>Long Term Goal:</p> <p>Patient will maintain a pain level of 1 to 0 by discharge.</p> | <p>The nurse will assess the patient's pain level every hour using a scale from 1 to 10 (1 being little to no pain, 10 being a severe amount of pain).</p> <p>The nurse will monitor the patient's vital signs.</p> <p>The nurse will administer medications for pain as ordered.</p> <p>The nurse will encourage the patient to try non-pharmacological methods for alleviating pain.</p> | <p>Assessing the patient's pain frequently is essential because it helps determine if the actions were effective and if the goals of the patient's pain have been met.</p> <p>Monitoring the patient's vital signs helps determine if any changes in pain or discomfort.</p> <p>Administering medication reduces acute pain effectively.</p> <p>Perhaps the patient is unaware of non-pharmacological methods to alleviate pain therefore, encouraging the patient to use this method can be effective in reducing pain.</p> | <p>The goal is met as evidenced by the patient stating "pain is at a level 1" by the time of handoff/discharge.</p> <p>The goal is met as evidenced by the patient verbalizing comfort measure techniques that help reduce pain level.</p> |

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| | <p>The nurse will educate the patient on comfort measure techniques.</p> <p>The nurse will educate the patient on how to avoid intense pain by avoiding certain movements and activities.</p> | <p>Educating the patient on comfort measure techniques can give a different way of managing pain instead of using medication. Pain can be reduced through certain therapy.</p> <p>Educating the patient on how to avoid intense pain by avoiding certain movements and activities can help prevent other situations in which there could be severe pain.</p> | |
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