

NURSING CARE PLAN #1

Date: 2/23/23

Patient Initial: SL

Patient Need: Pain Management

Nursing Diagnosis:

P: Acute Abdominal Pain

E: R/T IBS and Acid Reflux

S: Flatulence, irritability, grimacing, mucus in stool, frequent diarrhea, nausea, pain 8/10, and unable to keep down any liquids or food that is ingested.

Expected Outcome	Nursing Intervention	Rationale	Evaluation
<p>Short Term Goal:</p> <p>The patients pain level will go from a 8/10 to a 4/10 in the next 12 hours and they will be able to properly digest 50% of her meals in 5 days without any regurgitation.</p> <p>Long Term Goal:</p> <p>The patient will be able to consume 100% of their food in 2 weeks and the patient will rate her pain from a 8/10 to a 2/10.</p>	<ol style="list-style-type: none"> 1. Assess patients pain levels, I&O, patient stress levels, and comfort. 2. Administer Eluxadoline orally and 0.9% NaCl via IV as directed. 3. Educate patient to avoid acidic foods, and encourage patient to intake fluids as tolerated. 4. Use heat pad to relieve mild pain PRN. 5. Keep patient NPO before endoscopy to evaluate for any other possible complications. 6. Educate patient on stress relief techniques. 	<ul style="list-style-type: none"> - Abdominal pain in IBS can be triggered through stress (Chang 2011). - Taking I&O when patient has diarrhea is crucial to prevent hypovolemic shock or any other severe complications from electrolyte imbalance (Castera, Borhade 2022) - Eluxadoline is a drug that treats diarrhea and pain from IBS (Özdener, Rivkin 2017). - 0.9% NaCl is used to replace fluids and electrolytes lost from diarrhea to prevent dehydration (Tonog, Lakhkar 2022) - Heat pads are proven to reduce but not treat amount of pain (Mayo Clinic 2018) - Endoscopy can test for any other possible complications in the digestive system (Drugs 2023) 	<ul style="list-style-type: none"> - Patient reached goals as evidenced by reporting pain levels of 4/10 after 12 hours and consuming 50% of their meal 5 days after starting treatment of Eluxadoline and educating patient on which foods to avoid to prevent further aggravation. The goal of 100% of food consumption was not met in 2 weeks. The patient is consuming 75% and her pain is still a 4/10. The patients pain levels have also been reduced not only by medications but with reducing their stress with exercise and breath work.

Resources:

1. Chang, L. (2011, January 19). *The role of stress on physiologic responses and clinical symptoms in irritable bowel syndrome*. Gastroenterology. Retrieved March 20, 2023, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3039211/#:~:text=There%20is%20strog%20evidence%20to,develop%20functional%20disorders%20including%20IBS>.
2. Castera, M. R., & Borhade, M. B. (2022, September 5). *Fluid management - statpearls - NCBI bookshelf*. National Library of Medicine. Retrieved March 21, 2023, from <https://www.ncbi.nlm.nih.gov/books/NBK532305/>
3. Tonog, P., & Lakhkar, A. (2022, October 16). *NCBI Bookshelf*. National Library of Medicine. Retrieved March 21, 2023, from <https://www.ncbi.nlm.nih.gov/books/NBK545210/>
4. *Acute abdominal pain - what you need to know*. Drugs.com. (2023, March 5). Retrieved March 20, 2023, from <https://www.drugs.com/cg/acute-abdominal-pain.html#treatment>