### NURSING CARE PLAN

<table>
<thead>
<tr>
<th>ASSESSMENT</th>
<th>DIAGNOSIS</th>
<th>INFERENCE</th>
<th>PLANNING</th>
<th>INTERVENTION</th>
<th>RATIONALE</th>
<th>EVALUATION</th>
</tr>
</thead>
</table>
| **Subjective:** | • Activity intolerance related to exhaustion associated with interruption in usual sleep pattern because of discomfort, excessive coughing and dyspnea. | • Coughing is the body's way of removing foreign material or mucus from the lungs and throat. The two general classification s of cough are productive coughs (producing phlegm or mucus from the lungs) and nonproductive coughs (dry and not producing any mucous or phlegm). Coughs are also divided into acute (less than 3 weeks' duration) | • After 4 hours of nursing interventions, the patient will demonstrate a measurable increase in tolerance in activity with absence of dyspnea and excessive fatigue. | **Independent:**  
• Evaluate patient’s response to activity.  
• Provide a quiet environment and limit visitors during acute phase.  
• Elevate head and encourage frequent position changes, deep breathing and effective coughing.  
• Encourage adequate rest balanced with moderate activity.  
Promote adequate nutritional intake. | • Establishes patient’s capabilities or needs and facilitates choice of interventions  
• Reduces stress and excess stimulation, promoting rest.  
• These measures promotes maximal inspiration, enhance expectoration of secretions to improve ventilation.  
• Facilitates healing process and enhances natural resistance. | • After 4 hours of nursing interventions, the patient was able to demonstrate a measurable increase in tolerance in activity with absence of dyspnea and excessive fatigue. |

| **Objective:** | • Fatigue.  
• Dyspnea.  
• V/S taken as follows:  
T: 37.7  
P: 90  
R: 22  
BP: 110/80 | | | | | |

---

Subjective: “Hindi ako makatulog dahil sa ubo ko” as verbalized by the patient.

Objective:
- Fatigue.
- Dyspnea.
- V/S taken as follows:
  - T: 37.7
  - P: 90
  - R: 22
  - BP: 110/80
and chronic (more than three weeks' duration). Acute cough is most often caused by the common viral upper respiratory tract infection. Chronic cough may be caused by a variety of underlying diseases including asthma, cystic fibrosis, allergies, GERD and chronic post nasal drip.

<table>
<thead>
<tr>
<th>Action</th>
<th>Collaborative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Force fluids to at least 3000 ml per day and offer warm, rather than cold fluids.</td>
<td>Administer medications as prescribe: mucolytics or expectorants.</td>
</tr>
<tr>
<td>Fluids especially warm liquids aid in mobilization and expectoration of secretions.</td>
<td>Aids in reduction of bronchospasm and mobilization of secretions.</td>
</tr>
</tbody>
</table>