**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>
<tbody>
<tr>
<td>Subjective: “Masakit ang katawan ko kya nahihirapan ako lumakad” as verbalized by the patient.</td>
<td></td>
<td></td>
<td></td>
<td>After 7 days of nursing intervention s, the patient will increase strength and function of affected body part.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Objective:</td>
<td>• Impaired physical mobility related to discomfort and pain.</td>
<td>• Fibromyalgia is a syndrome characterized by fatigue, diffuse musculoskeletal pain and stiffness, sleep disturbance, and the presence of tender points on physical examination. There is no known etiology, but theories have suggested a variety of possible pathophysiological mechanisms, such as neural-hormonal disturbance, antecedent physical trauma, viral infection, immune dysregulation, psychiatric</td>
<td>• After 7 days of nursing intervention s, the patient will increase strength and function of affected body part.</td>
<td>• Continuously monitor degree of inflammation or pain.</td>
<td>• Level of activity or exercise depends on progression and resolution of inflammation process.</td>
<td>• After 7 days of nursing intervention s, the patient was able to increase strength and function of affected body part.</td>
</tr>
<tr>
<td></td>
<td>• Reluctance to attempt movement.</td>
<td></td>
<td></td>
<td>• Maintain bed rest or chair rest when indicated. Schedule activities providing frequent rest periods and uninterrupted night time sleep.</td>
<td>• Systemic rest is mandatory and important throughout all phases of disease to reduce fatigue, and improve strength.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Limited range of motion.</td>
<td></td>
<td></td>
<td>• Assist with active or passive range of motion exercises.</td>
<td>• Maintains or improve joint function, muscle strength.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Decreased muscle strength.</td>
<td></td>
<td></td>
<td>• Encourage patient to maintain upright and erect posture when sitting, standing, and walking.</td>
<td>• Maximize joint function and maintains mobility.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• V/S taken as follows:</td>
<td></td>
<td></td>
<td>• Discuss and provide safety needs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>T: 37.1</td>
<td>• Impaired physical mobility related to discomfort and pain.</td>
<td></td>
<td>• Reposition patient frequently.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>P: 76</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>R: 19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BP: 120/90</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NURSING CARE PLAN**

**ASSESSMENT**

Subjective: “Masakit ang katawan ko kya nahihirapan ako lumakad” as verbalized by the patient.

Objective:

- Reluctance to attempt movement.
- Limited range of motion.
- Decreased muscle strength.
- V/S taken as follows:
  - T: 37.1
  - P: 76
  - R: 19
  - BP: 120/90

**DIAGNOSIS**

- Impaired physical mobility related to discomfort and pain.
- Fibromyalgia is a syndrome characterized by fatigue, diffuse musculoskeletal pain and stiffness, sleep disturbance, and the presence of tender points on physical examination. There is no known etiology, but theories have suggested a variety of possible pathophysiological mechanisms, such as neural-hormonal disturbance, antecedent physical trauma, viral infection, immune dysregulation, psychiatric.

**INFERENEC**

- After 7 days of nursing intervention s, the patient will increase strength and function of affected body part.
- Continuous monitor degree of inflammation or pain.
- Maintain bed rest or chair rest when indicated. Schedule activities providing frequent rest periods and uninterrupted night time sleep.
- Assist with active or passive range of motion exercises.
- Encourage patient to maintain upright and erect posture when sitting, standing, and walking.
- Discuss and provide safety needs.
- Reposition patient frequently.

**PLANNING**

- Continuous monitor degree of inflammation or pain.
- Maintain bed rest or chair rest when indicated. Schedule activities providing frequent rest periods and uninterrupted night time sleep.
- Assist with active or passive range of motion exercises.
- Encourage patient to maintain upright and erect posture when sitting, standing, and walking.
- Discuss and provide safety needs.
- Reposition patient frequently.

**INTERVENTION**

- Continuous monitor degree of inflammation or pain.
- Maintain bed rest or chair rest when indicated. Schedule activities providing frequent rest periods and uninterrupted night time sleep.
- Assist with active or passive range of motion exercises.
- Encourage patient to maintain upright and erect posture when sitting, standing, and walking.
- Discuss and provide safety needs.
- Reposition patient frequently.

**RATIONALE**

- Level of activity or exercise depends on progression and resolution of inflammation process.
- Systemic rest is mandatory and important throughout all phases of disease to reduce fatigue, and improve strength.
- Maintains or improve joint function, muscle strength.
- Maximize joint function and maintains mobility.
- Helps prevent accidental injuries or falls.
- Relieves pressure on tissues and promotes circulation.

**EVALUATION**

After 7 days of nursing intervention s, the patient was able to increase strength and function of affected body part.
disturbances and heightened sensitivity to pain. Complications include disability and inability to maintain functional roles.

Collaborative:
• Consult with physical or occupational therapist.
• Useful in formulating exercise or activity program based on individual needs and in identifying mobility devices.