

NURSING CARE PLAN

ASSESSMENT	DIAGNOSIS	INFERENCE	PLANNING	INTERVENTION	RATIONALE	EVALUATION
<p>Subjective:</p> <p>“Masakit ang katawan ko kya nahihirapan ako lumakad” as verbalized by the patient.</p> <p>Objective:</p> <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Impaired physical mobility related to discomfort and pain. 	<ul style="list-style-type: none"> • 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 pathophysiologic mechanisms, such as neural-hormonal disturbance, antecedent physical trauma, viral infection, immune dysregulation, psychiatric 	<ul style="list-style-type: none"> • After 7 days of nursing interventions, the patient will increase strength and function of affected body part. 	<p><i>Independent:</i></p> <ul style="list-style-type: none"> • Continuously 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. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • After 7 days of nursing interventions, the patient was able to increase strength and function of affected body part.

		<p>disturbances and heightened sensitivity to pain. Complications include disability and inability to maintain functional roles.</p>		<p>Collaborative:</p> <ul style="list-style-type: none">• Consult with physical or occupational therapist.	<ul style="list-style-type: none">• Useful in formulating exercise or activity program based on individual needs and in identifying mobility devices.	
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