

NURSING CARE PLAN

ASSESSMENT	DIAGNOSIS	INFERENCE	PLANNING	INTERVENTION	RATIONALE	EVALUATION
<p>Subjective:</p> <p>“Masaki yung tahi ko” as verbalized by patient.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Facial mask of pain. • Guarding behavior. • Narrowed focus. • V/S taken as follows: <p>T: 37.3 P: 80 R: 18 Bp: 110/90</p>	<ul style="list-style-type: none"> • Acute pain related to disruption of skin, tissue, and muscle integrity. 	<ul style="list-style-type: none"> • Caesarean delivery is the surgical removal of the infant from the uterus through an incision made in the abdominal wall and the uterus. Size and location of the incision vary, but abdominal and uterine incisions of choice are low and horizontal. Vertical incisions may be necessary for quicker procedures, the presence of adhesions and other complications. 	<ul style="list-style-type: none"> • After 8 hours of nursing interventions, the patient pain will be relieved or controlled. 	<p><i>Independent:</i></p> <ul style="list-style-type: none"> • Evaluate pain regularly noting characteristics, location, intensity (0-10 scale). • Identify specific activity limitations. • Recommend planned or progressive exercise. • Schedule adequate rest periods. • Review importance of nutritious diets and adequate fluid intake. • Reposition as indicated. • Provide additional comfort measures like back rub. 	<ul style="list-style-type: none"> • Provides information about need for or effectiveness of interventions. • Prevents undue strain on operative site. • Promotes return of normal function and enhances feelings of general well being. • Prevents fatigue and conserves energy for healing. • Provides elements necessary for tissue regeneration or healing. • May relieve pain and enhance circulation. • Improves circulation, reduces muscle tension and anxiety associated with pain. 	<ul style="list-style-type: none"> • After 8 hours of nursing interventions, the patient pain was relieved or controlled.

				<ul style="list-style-type: none">• Encourage use of relaxation technique like deep breathing exercises. <p>Collaborative:</p> <ul style="list-style-type: none">• Administer analgesics or non steroidal anti-inflammatory drugs as prescribed.	<ul style="list-style-type: none">• Relieves muscle and emotional tension.• To relieve mild or moderate pain.	
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