

## NURSING CARE PLAN

ASSESSMENT	DIAGNOSIS	INFERENCE	PLANNING	INTERVENTION	RATIONALE	EVALUATION
<p>Subjective:</p> <p>“Masakit ang tiyan ko” as verbalized by patient.</p> <p>Objective:</p> <ul style="list-style-type: none"> <li>• Facial mask of pain.</li> <li>• Guarding behavior.</li> <li>• Rebound tenderness.</li> <li>• V/S taken as follows:  T: 37.3 P: 80 R: 18 Bp: 110/90</li> </ul>	<ul style="list-style-type: none"> <li>• Acute pain related to inflammation of tissues.</li> </ul>	<ul style="list-style-type: none"> <li>• Appendicitis is inflammation of the vermiform appendix caused by an obstruction attributable to infection, stricture, fecal mass, foreign body or tumor. Appendicitis can affect either gender at any age, but is most common in males ages 10 to 30. Appendicitis is the most common disease requiring surgery. If left untreated, appendicitis may progress to abscess, perforation, subsequent peritonitis, and death.</li> </ul>	<ul style="list-style-type: none"> <li>• After 4 hours of nursing interventions, the patient will demonstrate use of relaxation skills, other methods to promote comfort.</li> </ul>	<p><i>Independent:</i></p> <ul style="list-style-type: none"> <li>• Investigate pain reports, noting location, duration, intensity (0-10 scale), and characteristics (dull, sharp, constant).</li> <li>• Maintain semi-fowler’s position.</li> <li>• Move patient slowly and deliberately.</li> <li>• Provide comfort measure like back rubs, deep breathing. Instruct in relaxation or visualization exercises. Provide diversional activities.</li> <li>• Provide frequent oral care. Remove noxious environmental stimuli.</li> </ul>	<ul style="list-style-type: none"> <li>• Changes in location or intensity are not uncommon but may reflect developing complications.</li> <li>• Reduces abdominal distention, thereby reduces tension.</li> <li>• Reduces muscle tension or guarding, which may help minimize pain of movement.</li> <li>• Promotes relaxation and may enhance patient’s coping abilities by refocusing attention.</li> <li>• Reduces nausea and vomiting, which can increase intra-abdominal pressure or</li> </ul>	<ul style="list-style-type: none"> <li>• After 4 hours of nursing interventions, the patient was able to demonstrate use of relaxation skills, other methods to promote comfort.</li> </ul>

				<p>Collaborative:</p> <ul style="list-style-type: none"><li>• Administer analgesics as prescribed.</li></ul>	<p>pain.</p> <ul style="list-style-type: none"><li>• Reduce metabolic rate and aids in pain relief and promotes healing.</li></ul>	
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