

NURSING CARE PLAN

ASSESSMENT	NURSING DIAGNOSIS	PLANNING	NURSING INTERVENTION	RATIONALE	EVALUATION / OUTCOME
<p><u>Subjective Cues:</u></p> <p>>Patient states, "I get tired easily."</p> <p><u>Objective Cues:</u></p> <p>>Increased heart rate (HR=112)</p> <p>>Increased blood pressure (BP=140/100)</p> <p>>Increased respiratory rate (RR=24)</p> <p>>pallor</p> <p>>unsteady gait</p>	<p>Activity Intolerance related to imbalance between oxygen supply and demand</p> <p>(A state in which an individual has insufficient physiologic or psychologic energy to endure or complete required or desired daily activities.)</p>	<p>Within 8 hours, patient will:</p> <p>>participate willingly in necessary activities of daily living</p> <p>>demonstrate a decrease in physiologic signs of activity intolerance as evidenced by BP, HR, and RR within N range</p>	<p><u>Independent:</u></p> <p>Obtained resting vital signs.</p> <p>Assessed patient's ability to perform ADLs, providing assistance as necessary especially during tasks requiring ambulation.</p> <p>Noted changes in balance/gait disturbance, muscle weakness.</p> <p>Monitored BP, pulse, respirations, and skin color during and after activity.</p> <p>Instructed patient to change position slowly</p> <p>Provided adequate rest and sleep periods especially between activities.</p>	<p>>Baseline data is important to help determine patient's degree of activity intolerance</p> <p>>Determines nursing interventions needed to assist patient; ensures patient safety</p> <p>>Patients with Vitamin B12 deficiency often manifest neurologic changes.</p> <p>> Increase in BP, HR, RR, and changes in skin color result from the attempts of the heart and lungs to supply adequate amounts of oxygen to the tissues.</p> <p>>Postural hypotension may cause dizziness and increased risk of injury.</p> <p>>Rest lowers the body's oxygen requirements</p>	<p>Goal Met. Patient participated willingly in ADLs and demonstrated tolerance to activities as evidenced by normal BP, HR, and RR.</p>

			<p>Elevated head of bed as tolerated.</p> <p>Provided health teachings on the importance of:</p> <ul style="list-style-type: none"> >prioritization of activities >energy-saving techniques such sitting when performing tasks/use of shower chair > activity progression as tolerated > adequate rest periods between activities >cessation of activities when dizziness, chest pain, palpitations, and shortness of breath occur. 	<ul style="list-style-type: none"> >Promotes lung expansion for maximum oxygenation >Promotes adequate rest and maintains energy level >Encourages patient to perform activities while avoiding fatigue >Encourages gradual return to normal activity level; increases self-esteem and sense of control >Prevents fatigue > Excessive cardiopulmonary stress may lead to complications such as ischemia, myocardial infarction, and eventual heart failure. 	
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