

NURSING CARE PLAN FOR A PATIENT WITH EDEMA BY

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Nursing diagnosis and care plan

1. Ineffective breathing pattern related to

- Increased physical exertion
- Fatigue
- Anxiety
- Obesity

Evidenced by

- Respiratory rate above 20 b/m
- Respiratory sounds; wheezing, crackles
- Oxygen saturation below 92%
- Use accessory muscles

A blue stethoscope is visible on the left side of the slide, with its tubing and chest piece clearly shown against a light blue background.

Conti.....

Plan/goal (45 mins)

- Obtain normal respiratory range
- Relief fatigue
- Alleviate anxiety

Interventions and rationale

- Oxygen therapy
- Elevate bed
- Reassurance
- Open adjacent window
- Remove tight clothing, jewelries like necklaces

Conti...

Evaluation (45 mins later)

- Improved respiratory rate (12- 20)
- Improved oxygen saturation
- Patient is calm and verbal report “ I am feeling better”

Conti...

2. Excess fluid volume related to - Renal dysfunction

- Cardiac dysfunction
- Excessive fluid intake
- Excessive sodium intake

Evidenced by

- Weight gain over short period of time
- Body swelling
- Intake exceeds output

Conti....

Plan/goal (72 hours)

- Eliminate the excess fluid and obtain 60% of normal body weight range

Intervention and rationale

- Administer prescribed medications
- Strict fluid intake as ordered
- Monitor fluid input and output
- Low sodium intake
- Daily weighing

Conti....

Evaluation (72 hours post intervention)

- Improved output
- Some weight reduction

3. Risk for Impaired Skin Integrity related to

- Decreased tissue perfusion
- Altered skin turgor
- Extra cellular fluid volume

Preventive Intervention

- Keep the skin dry and clean
- Use Vaseline
- Apply compression stockings



General nursing intervention

- Reassurance
- Vital sign observations
- 2 hourly turning
- Feeding
- hygiene
- Use of bed appliances like pillows, air ring, hot water bottles, cardiac tables to ensure the patients' comfort
- Care of the pressure areas and treatment of pressure sores
- Physiotherapy



REFERENCE

- NANDA 2021-2023 12th edition

END

THANK YOU FOR LISTENING