

Nursing Care Plan – 1st Diagnosis

Client Initials: K.M.

Age: 52

Diagnosis: COPD exacerbation/PNA

Nursing Diagnosis Assessment	Plan Goals/Outcomes	Interventions Nursing Orders	Rationale	Evaluation <i>This has to be filled out with observed outcomes or anticipated outcomes.</i>
<ul style="list-style-type: none"> Ineffective airway clearance r/t increased production of secretions and cough with sputum production 	<p>Goal:</p> <ul style="list-style-type: none"> Prevent and control current exacerbation. <p>Outcomes:</p> <ul style="list-style-type: none"> The patient will maintain airway patency with breath sounds clear by day 3 of admission. The patient will demonstrate behaviors to improve airway clearance by end of teaching session. 	<ul style="list-style-type: none"> Provide an incentive spirometer for the measurement of airflow obstruction. Encourage abdominal or pursed lip breathing exercises. Demonstrate effective coughing and deep-breathing techniques. Suction secretions as needed. 	<ul style="list-style-type: none"> Forced spirometry is the most reproducible and objective measurement of airflow obstruction. This provides the client with some means to cope with or control dyspnea and reduce air trapping. Breathing exercises are complex and diverse. They have been reported to effectively improve the strength and endurance of respiratory muscles. Explosive or uncontrolled coughing causes airways to collapse and spasm, trapping the mucus. Suctioning clear secretions that obstruct the airway, therefore improves oxygenation. 	<ul style="list-style-type: none"> Goal not met: Patient refused to participate in teaching of spirometry and stated they were tired. Goal not met: Patient refused to participate in teaching of pursed lip breathing exercises. If implemented patient would have less air trapping and improved oxygenation. Goal met: Patient taught how to cough effectively to bring up secretions. Goal not met: Patient refused suction. If implemented, patient would have improved oxygenation and better airway clearance.

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R Barnett



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