

Sample Care Plan Using Nurse² Clinical Date: 2009-04-03

No Admission Data Found...

Care Plan

Nursing Diagnosis: Airway Clearance, Ineffective

Related To: Excessive secretions, Thick secretions, Inability to cough effectively

Evidenced By: Ineffective cough, Inability to remove airway secretions, Abnormal breath sounds, Abnormal respiratory rate, rhythm and depth, ADDED:O2 SAT 90% on room air

Goals: Patient's lung sounds will be clear on auscultation; Patient's breathing pattern will be even and unlabored; Patient will have no signs or symptoms of respiratory distress

Interventions: Auscultate lung sounds; Monitor skin color; Monitor O2-Sats; Assess sputum; Encourage fluid intake; Elevate head of bed; Encourage turning, coughing and deep breathing; Monitor and record Incentive Spirometer use as ordered; Collaborate with Respiratory Therapy and encourage patient to follow RT regimen and recommendations; Suction per orders; ADDED:Notify MD if O2 Sat <90% per order; ADDED:Assess for use of accessory muscles for breathing

Rationale for Interventions: N1- adventitious lung sounds may indicate secretions in lower airways (Delaune & Ladner, 2006, p. 905). N2 - Paleness or cyanosis may indicate hypoxia (Delaune & Ladner, 2006, p 904). N3- Pulse oximetry uses light waves to noninvasively measure oxygen saturation. (Delaune & Ladner, 2006, p. 904) N4 - Color, odor & consistency of secretions assists in identifying cause & treatment, including medications & fluids (Lemone & Burke, 2007, p. 675) N5 - Adequate fluid intake can thin secretions, making it easier to expel them (Delaune & Ladner, 2006, p. 911). N6 - Upright position expands lung fields & decreases pressure on diaphragm, increasing ability to cough effectively (Delaune & Ladner, 2006p. 910). N7 - Change in position, deep breathing and effective coughing assist in loosening & moving secretions (Delaune & Ladner, 2006, p. 910). N8 - Respiratory therapy treatments such as postural drainage & CPT may be indicated to assist in expelling difficult to move secretions (Delaune & Ladner, 2006,p. p. 911). N9 - If pt is unable to clear secretions with other interventions, suctioning may be needed to clear the airway (Delaune & Ladner, 2006, p. 913). N10 - Early signs of impaired gas exchange may be restlessness & confusion. (Delaune & Ladner, 2006, p. 908). N11 - Continuous pulse oximetry provides early alert to changes in pt status (Delaune & Ladner, 2006, p. 904). N12 - Decrease in oxygen saturation indicates a worsening status and indicates need for physician intervention (Delaune & Ladner, 2006, p. 913). N13 - Use of accessory muscles indicates a need for assistance in enhancing airway clearance and gas exchange (Delaune & Ladner, 2006, p. 905).