**Nursing Care Plan**

**Self-Learning Package**

Please note that there are many different ways to create/design a care plan. This package has

been put together by Semester 2 clinical instructors to help guide students with their care plans.

Always refer to your marking rubric to ensure you are meeting all expectations.

**Nursing Care Plan**

Start here (It is likely most helpful to start here. Identify the patient’s greatest priority based on your assessment, then identify which assessment data is related to this diagnosis)

**Student(s) Name: Date:**

**Patient’s Initials:**   **Medical Diagnosis:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessment Data**  **Include only data relevant to the NANDA diagnosis.** | **Nursing Diagnosis and Goals**  **\*\*Remember a NANDA dx is NOT a medical diagnosis.**  [**What’s the difference (NANDA, 2012)?**](https://www.youtube.com/watch?v=-gYTueSoGgI&feature=emb_logo) | **Nursing Interventions**  **and Rationale** | **Evaluation** |
| **Subjective**  ***What the patient says.***  Examples: Pt’s description of symptoms, pain, discomfort, emotions, etc.    May include routine medications and PmHx if that data is collected from the patient. Example “I take Bisoprolol for my hypertension.” | **Nursing Diagnosis**  ***What is the patient’s biggest priority?***  You must choose from the list of NANDA approved diagnoses (located on D2L).  See Appendix A for guidance on how to write a diagnostic statement.  **Goals:**  ***Must be related to NANDA diagnosis.***  Include:  1 short-term goal.  1 long-term goal.  Goals must be patient-centered. Ex. “The patient will…..”  Goals must be SMART – specific, measureable, achievable, relevant and timely. (See Appendix B) | **Interventions (with rationale)**  ***What will you (as the nurse) do to help this patient reach their goals?***  Include at least 3 interventions per goal.  Interventions must include a rationale. Rationale must be referenced using APA format. You should be procuring reliable resources (Best Practice Guidelines, CNO Standards, Journal Articles, Public Health Resources, etc.)  Example (for a patient at risk for skin impairment): The nurse will assist the patient to reposition every two hours to alleviate pressure on boney prominences thereby decreasing the risk of developing pressure ulcers (RNAO, 2011).  **For help with referencing:**  [**Fleming APA Library Guide**](https://fleming.libguides.com/apa)  **Looking for Nursing Resources?:**  [**Fleming Subject Guide: Health**](https://fleming.libguides.com/HealthGuide) | ***Evaluate whether the goals were met?***  Make a direct statement about each goal – Met or not met.  If met, what evidence supports that the goal was met?  If not met, what were the barriers? How will you and the patient overcome these barriers? |
| **Objective**  ***What you assess/procure.***  Data you gather through assessment, observation, the chart, consult notes, etc.  May include medications and history if you have gathered this information from the chart. |

**Appendix A**

*How to Write a Diagnostic Statement*

**Problem-Focused Diagnosis has 3 parts:**

1) The diagnosis itself (from NANDA-I document)

2) Etiologic factors/ related factors

3) Major signs/symptoms (defining characteristics for the diagnosis)

Includes specific connection terminology: related to **and** as evidenced by.

Example: Acute pain related to musculoskeletal injury as evidenced by pain with weightbearing on the right ankle post-injury.

**Risk Diagnosis has 2 parts:**

1) The risk diagnosis (from NANDA-I document)

2) Major signs/symptoms that predispose this patient to this diagnosis

Includes specific connection terminology: related to **or** as evidenced by

Example: At risk for infection related to surgical incision over right hip interrupting the skin integrity.

**Health Promotion Diagnosis has 2 parts:**

1) The diagnosis itself which indicates the patient’s readiness for wellness (from NANDA-I document)

2) Evidence of the patient’s desire to improve

Includes specific connection terminology: related to **or** as evidenced by

Example: Readiness for enhanced health maintenance as evidenced by patient expressing interest in monitoring own blood glucose levels.

*(Source:* Nanda International, n.d.)

**Appendix B**

*Client-Centered SMART Goals*

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*(Source:* Adapted from College of Nurses of Ontario, 2019)

**References**

College of Nurses of Ontario. (2019). [*Developing Smart Learning Goals.*](https://www.cno.org/globalassets/docs/qa/2019/smart-goals-2019.pdf)https://www.cno.org/globalassets/docs/qa/2019/smart-goals-2019.pdf

Nanda International (n.d.). [*How do I write a diagnostic statement for risk, problem-focused and health promotion diagnoses?*](https://kb.nanda.org/article/AA-00492/0/How-do-I-write-a-diagnostic-statement-for-risk-problem-focused-and-health-promotion-diagnoses.html)

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[You Tube]. https://youtu.be/-gYTueSoGgI

Registered Nurses Association of Ontario. (2011). *Best Practice Guidelines: Risk Assessment and Prevention of Pressure Ulcers.*

https://rnao.ca/sites/rnao-ca/files/Risk\_Assessment\_and\_Prevention\_of\_Pressure\_Ulcers.pdf