

## Nursing Care Plan for Mental Retardation (Intellectual Disability) PDF

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p><b>Subjective Data:</b></p> <ul style="list-style-type: none"> <li>- Family reports the child has delayed language skills and struggles with self-care tasks.</li> </ul> <p><b>Objective Data:</b></p> <ul style="list-style-type: none"> <li>- Developmental screening shows delays in cognitive and motor skills; child is not meeting</li> </ul>	<p><b>Delayed Growth and Development</b> related to abnormal cognitive functioning as evidenced by language and motor delays.</p>	<p><b>Short-Term:</b></p> <ul style="list-style-type: none"> <li>- Within 48 hours, the child will engage in structured play activities with minimal prompting.</li> </ul> <p><b>Long-Term:</b></p> <ul style="list-style-type: none"> <li>- Within one month, the child will demonstrate improved developmental milestones (e.g., increased vocabulary, improved</li> </ul>	<p>Develop and implement age-appropriate stimulation activities, including play therapy and sensory activities.</p> <p>Plan regular developmental assessments and involve a developmental specialist if needed.</p>	<p>The nurse schedules daily play sessions using puzzles, building blocks, and interactive games. The family is instructed on activities to reinforce learning at home.</p>	<p>Early and continuous stimulation can promote cognitive and motor development, helping to close developmental gaps.</p>	<p>Improvement noted in developmental screening results; family reports enhanced participation in daily activities.</p>

## Nursing Care Plan for Mental Retardation (Intellectual Disability) PDF

age-appropriate milestones.		motor coordination).				
<p><b>Subjective:</b></p> <p>- Patient has difficulty expressing needs verbally and is often frustrated by inability to communicate.</p> <p><b>Objective:</b></p> <p>- Limited verbal output and reliance on gestures observed during interactions.</p>	<p><b>Impaired Verbal Communication</b></p> <p>related to delayed language development as evidenced by limited expressive language and difficulty following verbal instructions.</p>	<p><b>Short-Term:</b></p> <p>- Within 48 hours, the patient will use basic words or alternative communication methods to express needs.</p> <p><b>Long-Term:</b></p> <p>- Within one month, the patient will demonstrate improved communication skills, as evidenced by increased vocabulary and use of simple sentences.</p>	<p>Plan to introduce visual aids, picture cards, and structured communication sessions. Coordinate with speech therapy services to develop individualized communication goals.</p>	<p>The nurse conducts daily communication sessions using picture cards and encourages repetitive, simple instructions. Practice sessions with a speech therapist are scheduled weekly.</p>	<p>Visual aids and repetitive practice enhance both receptive and expressive language skills, leading to improved communication.</p>	<p>The patient shows increased ability to use words and gestures to communicate needs; feedback from family indicates improved communication.</p>

## Nursing Care Plan for Mental Retardation (Intellectual Disability) PDF

<p><b>Subjective:</b></p> <ul style="list-style-type: none"> <li>- Family reports episodes of impulsive and aggressive behavior leading to injury risks.</li> </ul> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li>- Observations reveal uncoordinated motor responses and occasional aggression during play.</li> </ul>	<p><b>Risk for Injury</b> related to impaired motor coordination and impulsive behavior as evidenced by aggressive outbursts and difficulty following structured routines.</p>	<p><b>Short-Term:</b></p> <ul style="list-style-type: none"> <li>- Within 48 hours, the patient will exhibit fewer aggressive episodes during structured activities.</li> </ul> <p><b>Long-Term:</b></p> <ul style="list-style-type: none"> <li>- Within one month, the patient will engage in daily routines with reduced risk behaviors and improved safety.</li> </ul>	<p>Develop a structured daily routine that includes scheduled activities and rest periods. Use positive reinforcement and clear, consistent instructions to manage behavior.</p>	<p>The nurse collaborates with the interdisciplinary team to establish a daily schedule. The patient is provided with a visual timetable and positive reinforcement is used when appropriate behaviors are observed.</p>	<p>Consistent routines and positive reinforcement reduce anxiety and impulsivity, thereby lowering the risk for injury.</p>	<p>Family and caregiver reports indicate a decrease in aggressive behaviors; observational assessments reveal improved adherence to daily routines.</p>
---	--	---	--	--	---	---