

## NURSING CARE PLAN FOR ARDS:

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p><b>Subjective Data:</b> - Patient reports severe shortness of breath and chest tightness.</p> <p><b>Objective Data:</b> - Respiratory rate is 32/min; oxygen saturation is 85%; diffuse crackles heard on auscultation.</p>	<p><b>Impaired Gas Exchange</b> related to alveolar flooding and decreased lung compliance as evidenced by low oxygen saturation and abnormal lung sounds.</p>	<p><b>Short-Term:</b> - Within 1 hour, increase oxygen saturation to <math>\geq 92\%</math> and decrease respiratory rate.</p> <p><b>Long-Term:</b> - Patient maintains stable oxygenation and improved lung function.</p>	<p>Initiate supplemental oxygen therapy; adjust ventilator settings if applicable; reposition patient in semi-Fowler's position.</p>	<p>Administer oxygen via nasal cannula or mask; reassess vital signs and oxygen saturation every 15 minutes; document changes.</p>	<p>Supplemental oxygen and proper positioning enhance alveolar ventilation and improve gas exchange.</p>	<p>Oxygen saturation improves; respiratory rate decreases; patient reports reduced breathlessness.</p>
<p><b>Subjective Data:</b> - Patient appears anxious and experiences discomfort due to persistent cough.</p> <p><b>Objective Data:</b> - Elevated heart rate; patient shows signs of distress;</p>	<p><b>Anxiety</b> related to respiratory distress as evidenced by verbal expressions of worry and elevated heart rate.</p>	<p><b>Short-Term:</b> - Within 1 hour, patient reports reduced anxiety and improved comfort.</p> <p><b>Long-Term:</b> - Patient uses effective coping strategies and maintains a calm</p>	<p>Provide emotional support and teach relaxation techniques such as deep breathing and guided imagery; use reassurance and clear communication.</p>	<p>Engage in one-on-one counseling; encourage the use of relaxation exercises; monitor heart rate and anxiety levels.</p>	<p>Reducing anxiety can lower sympathetic stimulation and contribute to improved respiratory function.</p>	<p>Patient reports decreased anxiety; heart rate stabilizes; patient demonstrates effective coping techniques.</p>

increased work of breathing observed.		state during treatment.				
<b>Subjective Data:</b> - Patient is uncertain about the management of their condition at home. <b>Objective Data:</b> - Patient asks questions regarding medication, nutrition, and follow-up care; appears confused about treatment protocols.	<b>Deficient Knowledge</b> regarding the management of ARDS as evidenced by patient uncertainty and questions about self-care practices.	<b>Short-Term:</b> - Within 24 hours, patient will verbalize understanding of key self-care strategies. <b>Long-Term:</b> - Patient adheres to the prescribed care plan and attends regular follow-up appointments.	Develop a comprehensive education plan that includes information on ARDS, medication adherence, nutritional support, and breathing techniques; provide written and visual aids.	Conduct individual teaching sessions; distribute educational materials; schedule follow-up discussions to reinforce learning.	Education empowers patients to manage their condition effectively and promotes treatment adherence.	Patient demonstrates increased understanding; self-care practices improve; follow-up assessments confirm consistent adherence.