

CONTACT DERMATITIS NURSING CARE PLAN:

Assessment	Diagnosis	Inference	Planning	Intervention	Rationale	Evaluation
Patient presents with red, itchy, and inflamed skin on the hands and arms. The rash is localized to areas of recent exposure.	Impaired Skin Integrity related to contact with an irritant/allergen.	The patient's symptoms indicate a skin reaction due to exposure.	Patient will show reduced redness and itching within 3 days.	Instruct on gentle skin cleansing; apply prescribed corticosteroid cream; use barrier cream.	Gentle care and medications help restore skin integrity and reduce inflammation.	Reduced redness and itching; improved skin appearance noted.
Patient reports moderate pain and burning sensation in affected areas.	Acute Pain related to skin inflammation and irritation.	Pain results from inflammatory response in the skin.	Patient will report pain level at or below 3/10 within 48 hours.	Assess pain every 4 hours; administer analgesics as prescribed; apply cold compresses as needed.	Pain relief supports comfort and allows healing to proceed without stress.	Patient's pain score decreases; comfort improves.
Patient shows signs of potential infection, such as slight pus formation around the rash.	Risk for Infection related to compromised skin integrity.	Broken skin can serve as an entry point for bacteria.	Patient will remain free of infection with no worsening of symptoms.	Monitor skin for signs of infection; teach proper hand hygiene; encourage use of antiseptic cleansers.	Preventing infection is critical to avoid complications and further skin damage.	No new signs of infection; stable skin condition.
Patient expresses uncertainty about managing the skin	Deficient Knowledge regarding self-care	Lack of awareness leads to repeated exposure and	Patient will verbalize understanding of trigger avoidance	Provide written and verbal education; demonstrate proper skin care techniques;	Educated patients are better equipped to manage their	Patient accurately explains self-care

condition and avoiding triggers.	for contact dermatitis.	worsening symptoms.	and proper care techniques before discharge.	answer patient questions.	condition and prevent recurrences.	measures and trigger avoidance.
Patient expresses worry about the appearance of the rash and its impact on social interactions.	Anxiety related to cosmetic concerns and potential social stigma.	Anxiety may hinder adherence to the treatment plan.	Patient will report reduced anxiety and improved coping strategies within 2 days.	Offer reassurance; provide emotional support; refer to counseling if necessary.	Addressing emotional needs promotes adherence and overall well-being.	Patient reports decreased anxiety; demonstrates effective coping behaviors.