

## NURSING CARE PLAN FOR ACNE VULGARIS:

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p><b>Subjective Data:</b> - Patient reports frequent breakout, itching, and discomfort on the face.</p> <p><b>Objective Data:</b> - Presence of papules and pustules; mild erythema; patient rates pain as 5/10.</p>	<p><b>Impaired Skin Integrity</b> related to acne vulgaris as evidenced by inflammatory lesions and patient-reported discomfort.</p>	<p><b>Short-Term:</b> - Within 1 week, reduce lesion size and pain.</p> <p><b>Long-Term:</b> - Achieve clear skin with minimal scarring and improved self-esteem.</p>	<p>Administer prescribed topical treatments; encourage gentle skin cleansing; monitor lesion progress.</p>	<p>Instruct patient on proper application of topical medications; assess skin daily; document changes.</p>	<p>Effective treatment reduces inflammation, supports healing, and minimizes scarring.</p>	<p>Lesions decrease in size; patient reports reduced discomfort; skin appearance improves.</p>
<p><b>Subjective Data:</b> - Patient expresses uncertainty about proper skin care routines.</p> <p><b>Objective Data:</b></p>	<p><b>Deficient Knowledge</b> regarding acne management as evidenced by patient uncertainty and</p>	<p><b>Short-Term:</b> - Within 24 hours, patient verbalizes key self-care strategies.</p> <p><b>Long-Term:</b> - Patient adheres to a consistent skin care routine</p>	<p>Develop an education plan on acne care; provide written instructions and visual aids; review proper techniques.</p>	<p>Conduct individual teaching sessions; distribute brochures; schedule follow-up sessions to reinforce learning.</p>	<p>Education empowers patients to manage their condition and improves adherence to treatment.</p>	<p>Patient demonstrates improved understanding; self-care practices become consistent; follow-up confirms adherence.</p>

<p>- Patient asks questions about cleansing and medication use; inconsistent self-care noted.</p>	<p>inconsistent care practices.</p>	<p>and demonstrates improved skin condition.</p>				
<p><b>Subjective Data:</b> - Patient expresses anxiety regarding the appearance and potential scarring from acne. <b>Objective Data:</b> - Patient appears distressed; verbalizes concerns about self-image.</p>	<p><b>Anxiety</b> related to altered body image and fear of permanent scarring as evidenced by patient reports and distress.</p>	<p><b>Short-Term:</b> - Within 48 hours, patient reports reduced anxiety and better coping strategies. <b>Long-Term:</b> - Patient achieves improved self-esteem and effective management of emotional stress.</p>	<p>Provide emotional support and counseling; refer to a support group if needed; teach relaxation techniques.</p>	<p>Offer one-on-one counseling; use guided imagery and deep breathing exercises; monitor anxiety levels.</p>	<p>Reducing anxiety can enhance overall treatment adherence and improve quality of life.</p>	<p>Patient reports reduced anxiety; shows improved coping; self-esteem increases over time.</p>