

Nursing Care Plan for Buerger's Disease

| Nursing Diagnosis | Goals/Outcomes | Nursing Interventions | Rationale | Evaluation | Expected Outcome | Time Frame |
|--|---|---|---|--|--|--------------|
| Ineffective Peripheral Tissue Perfusion | Improve blood flow and oxygen supply | <ul style="list-style-type: none"> - Assess peripheral pulses, skin color, and capillary refill regularly. - Advise on warmth and proper clothing. - Encourage smoking cessation and moderate exercise. | Early detection of poor circulation prevents further tissue damage. | Improved pulse quality; skin appears warmer. | Patient shows improved circulation in affected areas. | Ongoing |
| Chronic Pain | Reduce pain to tolerable levels | <ul style="list-style-type: none"> - Monitor pain using a standardized scale. - Administer prescribed analgesics. - Teach non-pharmacological techniques like deep breathing. - Advise on proper positioning. | Effective pain management improves patient comfort and participation in activities. | Patient reports lower pain scores and comfort increases. | Patient experiences significant pain relief and better daily function. | Daily |
| Risk for Impaired Skin Integrity | Maintain intact skin and prevent infections | <ul style="list-style-type: none"> - Inspect skin daily for signs of breakdown. - Educate on proper skin care routines. - Recommend protective footwear | Early intervention prevents minor skin issues from becoming serious. | No new ulcers or signs of infection. | Skin remains healthy and intact. | Daily/Weekly |

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| | | and gloves. - Consult wound care if needed. | | | | |
| Deficient Knowledge | Increase understanding and self-care ability | <ul style="list-style-type: none"> - Explain disease causes and effects in simple language. - Provide written self-care materials. - Stress the importance of tobacco cessation. - Schedule regular follow-ups. | Knowledgeable patients are more likely to follow treatment plans. | Patient verbalizes understanding of self-care practices. | Patient actively engages in lifestyle changes. | Within 1 Month |
| Anxiety | Decrease anxiety and improve coping skills | <ul style="list-style-type: none"> - Assess anxiety using simple tools. - Refer to counseling services. - Encourage participation in support groups. - Suggest stress-relief activities. | Reducing anxiety enhances overall well-being and treatment adherence. | Anxiety scores show a decrease over time. | Patient feels more secure and emotionally stable. | As Needed |