

NURSING CARE PLAN FOR IMPAIRED PHYSICAL MOBILITY:

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - Patient reports difficulty walking and pain in the lower limbs.</p> <p>Objective Data: - Limited range of motion; muscle weakness; patient requires assistance to ambulate.</p>	<p>Impaired Physical Mobility related to muscle weakness and pain as evidenced by difficulty walking and limited joint movement.</p>	<p>Short-Term: - Within 24 hours, the patient will participate in gentle range-of-motion exercises with assistance.</p> <p>Long-Term: - Patient achieves improved mobility and increased independence in daily activities.</p>	<p>Plan to initiate a mobility program including passive and active exercises; schedule physical therapy sessions; administer pain medications as prescribed.</p>	<p>Assist with daily range-of-motion exercises; monitor pain levels before and after activity; document progress during physical therapy sessions.</p>	<p>Regular exercise and pain management improve muscle strength and joint flexibility, reducing mobility impairments.</p>	<p>Patient demonstrates increased mobility; pain levels decrease; physical therapy reports show progress.</p>
<p>Subjective Data: - Patient expresses fatigue and fear of falling.</p> <p>Objective Data: - Patient shows unsteady gait; vital signs indicate slight tachycardia; signs</p>	<p>Risk for Injury related to impaired mobility and unsteady gait as evidenced by fatigue and fear of falling.</p>	<p>Short-Term: - Within 24 hours, patient will use assistive devices to enhance safety.</p> <p>Long-Term: - Patient maintains safe ambulation and</p>	<p>Develop a safety plan that includes fall prevention strategies; provide an assistive device such as a walker; educate on safe ambulation techniques.</p>	<p>Instruct patient on proper use of the assistive device; monitor gait during ambulation; ensure a safe environment free of hazards.</p>	<p>Using assistive devices and safety education reduces the risk of falls and injuries.</p>	<p>Patient uses the assistive device correctly; incidence of falls decreases; patient reports increased confidence.</p>

of deconditioning observed.		reduces risk of falls.				
Subjective Data: - Patient shows uncertainty about home exercise routines and self-care. Objective Data: - Patient asks questions about proper techniques; inconsistent participation in activities observed.	Deficient Knowledge regarding self-care and exercise routines related to impaired mobility as evidenced by patient uncertainty and inconsistent practice.	Short-Term: - Within 24 hours, patient will verbalize key techniques for safe mobility and self-care. Long-Term: - Patient adheres to prescribed exercise routines and self-care practices consistently.	Develop an education plan with clear, simple instructions and visual aids on mobility exercises and self-care techniques; schedule follow-up teaching sessions.	Conduct one-on-one education sessions; provide printed materials and demonstration videos; monitor adherence through follow-up assessments.	Education empowers patients to take control of their mobility and reduces anxiety related to self-care.	Patient demonstrates increased understanding; adherence to exercise and self-care routines improves; follow-up confirms consistent practice.