

NURSING CARE PLAN FOR ABDOMINAL PAIN

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data:</p> <ul style="list-style-type: none"> - Patient says, "My stomach hurts a lot." <p>Objective Data:</p> <ul style="list-style-type: none"> - Patient wails in pain; tenderness is noted on palpation; vital signs show slight fever and increased heart rate. 	<p>Acute Pain related to inflammation or infection of the abdominal area as evidenced by patient report and physical findings.</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 1 hour, the patient's pain level will decrease from 8/10 to 4/10 on a pain scale. <p>Long-Term:</p> <ul style="list-style-type: none"> - Within 24 hours, the patient will report manageable pain and be able to eat and drink normally. 	<p>Plan to administer pain relief medications and provide comfort measures such as warm compresses and appropriate positioning.</p>	<p>Administer IV or oral analgesics as prescribed; apply warm compresses to the abdomen; reposition the patient to a comfortable position.</p>	<p>Pain relief improves comfort and allows for better rest and healing. Warm compresses help relax muscles and reduce cramping.</p>	<p>Pain score decreases; patient reports improved comfort; vital signs return closer to normal.</p>
<p>Subjective Data:</p> <ul style="list-style-type: none"> - Patient complains of nausea and loss of appetite. <p>Objective Data:</p>	<p>Imbalanced Nutrition: Less Than Body Requirements related to abdominal pain causing decreased</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 12 hours, the patient will tolerate small, frequent meals. <p>Long-Term:</p> <ul style="list-style-type: none"> - Within 48 hours, the 	<p>Develop a dietary plan that includes easily digestible foods and small, frequent meals; consult with a dietitian.</p>	<p>Offer a clear liquid diet initially, then gradually introduce soft foods; monitor the patient's intake and adjust the plan as needed.</p>	<p>A modified diet reduces gastrointestinal stress and supports recovery while ensuring adequate nutrition.</p>	<p>Patient begins to tolerate meals; no further weight loss observed; improved energy levels.</p>

- Observed reduced intake; slight weight loss noted.	appetite and difficulty eating.	patient will resume a balanced diet with no further weight loss.				
Subjective Data: - Patient appears anxious and worried about the pain. Objective Data: - Signs of anxiety observed; increased heart rate.	Ineffective Health Management related to a lack of knowledge about managing abdominal pain as evidenced by patient anxiety and inconsistent self-care practices.	Short-Term: - Within 24 hours, the patient will verbalize understanding of their care plan. Long-Term: - Within one week, the patient will adhere to recommended self-care measures to manage pain.	Plan an education session for the patient and family on abdominal pain management, including medication use and lifestyle modifications.	Conduct one-on-one teaching sessions; provide written materials and simple handouts on pain management techniques and self-care.	Education helps the patient feel more in control and reduces anxiety, leading to better management of the condition.	Patient demonstrates understanding of self-care techniques; family reports improved adherence to the care plan; reduced anxiety levels.