

NURSING CARE PLAN FOR ACUTE PAIN RELATED TO A SURGICAL INCISION:

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - Patient reports severe pain (8/10) at the incision site when moving.</p> <p>Objective Data: - Elevated heart rate; patient grimaces during movement; limited mobility noted.</p>	<p>Acute Pain related to surgical incision as evidenced by patient-reported pain and physiological indicators.</p>	<p>Short-Term: - Within 1 hour, reduce pain to 4/10.</p> <p>Long-Term: - Patient maintains manageable pain levels and improved mobility.</p>	<p>Administer prescribed analgesics; implement non-pharmacological interventions such as deep breathing exercises and proper positioning.</p>	<p>Provide medications as ordered; coach patient through relaxation techniques; monitor pain levels every 30 minutes.</p>	<p>Effective pain management facilitates recovery and improves patient comfort.</p>	<p>Pain decreases; patient reports improved mobility and comfort; vital signs stabilize.</p>
<p>Subjective Data: - Patient expresses concern about the impact of</p>	<p>Deficient Knowledge regarding pain management and postoperative self-care as evidenced</p>	<p>Short-Term: - Within 24 hours, patient will verbalize key self-care strategies for managing pain.</p>	<p>Develop an education plan covering pain management techniques, medication schedules, and activity</p>	<p>Conduct individual teaching sessions; distribute educational materials; schedule</p>	<p>Education empowers patients to actively manage their pain and enhances</p>	<p>Patient verbalizes understanding; self-care practices improve; follow-up assessments</p>

<p>pain on daily activities.</p> <p>Objective Data:</p> <p>- Patient appears anxious; activity levels are low; reports difficulty in self-care.</p>	<p>by patient uncertainty and low activity levels.</p>	<p>Long-Term:</p> <p>- Patient adheres to the care plan and demonstrates improved self-care.</p>	<p>modifications; provide written and visual aids.</p>	<p>follow-up discussions to reinforce learning.</p>	<p>adherence to the treatment plan.</p>	<p>confirm adherence.</p>
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