

NURSING CARE PLAN FOR ATRIAL FIBRILLATION:

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - Patient reports palpitations and fatigue.</p> <p>Objective Data: - Irregular heart rate; low blood pressure; oxygen saturation below 94%.</p>	<p>Decreased Cardiac Output related to irregular ventricular response as evidenced by palpitations and fatigue.</p>	<p>Short-Term: - Within 1 hour, stabilize heart rate and improve oxygen saturation.</p> <p>Long-Term: - Patient maintains a regular heart rate and normal oxygen levels.</p>	<p>Plan to administer antiarrhythmic medications and monitor heart rate via telemetry.</p>	<p>Administer medications as prescribed; check vital signs and oxygen levels every 15-30 minutes; document ECG findings.</p>	<p>Stabilizing heart rate improves cardiac output and reduces symptoms.</p>	<p>Vital signs improve; patient reports less fatigue; ECG shows a regular rhythm.</p>
<p>Subjective Data: - Patient expresses concern about the risk of stroke.</p> <p>Objective Data: - Irregular pulse detected; history of atrial fibrillation noted.</p>	<p>Risk for Thromboembolism related to blood stasis and irregular cardiac rhythm as evidenced by patient history and irregular pulse.</p>	<p>Short-Term: - Within 24 hours, patient demonstrates understanding of anticoagulant therapy.</p> <p>Long-Term: - Patient adheres to prescribed anticoagulant</p>	<p>Develop an education plan on the importance of anticoagulation therapy; review medication schedule with the patient.</p>	<p>Educate the patient about the purpose of anticoagulants; verify medication adherence; schedule regular INR checks if applicable.</p>	<p>Anticoagulant therapy reduces the risk of clot formation and stroke.</p>	<p>Patient verbalizes understanding; medication adherence is confirmed; lab values remain within therapeutic range.</p>

		regimen to prevent stroke.				
<p>Subjective Data: - Patient reports chest discomfort during episodes of palpitations.</p> <p>Objective Data: - Elevated heart rate; patient appears distressed.</p>	<p>Acute Pain related to cardiac strain as evidenced by chest discomfort and patient distress.</p>	<p>Short-Term: - Within 1 hour, reduce chest discomfort to a tolerable level.</p> <p>Long-Term: - Patient experiences minimal chest discomfort with ongoing treatment.</p>	<p>Plan to administer prescribed analgesics and monitor pain levels closely.</p>	<p>Administer pain relief as ordered; use non-pharmacological measures such as relaxation techniques; reassess pain every 30 minutes.</p>	<p>Reducing pain improves comfort and supports effective treatment.</p>	<p>Patient reports decreased pain; distress reduces; overall comfort improves.</p>
<p>Subjective Data: - Patient expresses uncertainty about managing atrial fibrillation at home.</p> <p>Objective Data: - Patient asks questions about lifestyle modifications; appears anxious about follow-up care.</p>	<p>Ineffective Health Management related to insufficient knowledge about atrial fibrillation and self-care practices.</p>	<p>Short-Term: - Within 24 hours, the patient will verbalize key self-care strategies.</p> <p>Long-Term: - Patient will adhere to treatment and lifestyle modifications consistently.</p>	<p>Develop a comprehensive education plan covering disease management, medication adherence, and lifestyle changes.</p>	<p>Conduct individual teaching sessions; provide clear written materials and visual aids; schedule regular follow-ups.</p>	<p>Education empowers patients to take control of their health and reduces anxiety.</p>	<p>Patient demonstrates improved understanding; adherence to the care plan increases; follow-up sessions confirm consistency.</p>

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