

# NURSING CARE PLAN FOR CAD

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p><b>Subjective Data:</b> - Patient reports chest pain and shortness of breath during exertion.</p> <p><b>Objective Data:</b> - ECG shows ST depressions; blood pressure is 140/90 mmHg; heart rate is 98 bpm.</p>	<p><b>Decreased Cardiac Output</b> related to impaired coronary blood flow as evidenced by chest pain and abnormal ECG findings.</p>	<p><b>Short-Term:</b> - Within 1 hour, reduce chest pain and stabilize heart rate.</p> <p><b>Long-Term:</b> - Patient maintains a regular heart rhythm and improved exercise tolerance.</p>	<p>Administer prescribed beta-blockers and nitroglycerin; monitor ECG continuously.</p>	<p>Deliver medications as ordered; check vital signs every 15-30 minutes; document changes in ECG.</p>	<p>Beta-blockers reduce heart workload and nitroglycerin dilates coronary arteries, improving blood flow.</p>	<p>ECG stabilizes; chest pain decreases; patient reports increased comfort.</p>
<p><b>Subjective Data:</b> - Patient expresses concern about dietary habits and weight management.</p> <p><b>Objective Data:</b> - Diet history reveals high intake of saturated fats;</p>	<p><b>Risk for Ineffective Health Management</b> related to poor dietary habits and lack of exercise as evidenced by weight gain and elevated cholesterol levels.</p>	<p><b>Short-Term:</b> - Within 24 hours, patient identifies key dietary modifications.</p> <p><b>Long-Term:</b> - Patient follows a heart-healthy diet and engages</p>	<p>Develop a nutritional education plan with a dietitian; provide guidelines for a low-fat, low-cholesterol diet; encourage regular exercise.</p>	<p>Conduct dietary teaching sessions; provide printed materials; review patient food diary.</p>	<p>Education on lifestyle changes reduces risk factors for CAD.</p>	<p>Patient verbalizes understanding; food diary shows adherence; cholesterol levels decrease over time.</p>

patient is overweight.		in regular physical activity.				
<b>Subjective Data:</b> - Patient is anxious about the risk of a cardiac event. <b>Objective Data:</b> - Patient appears tense; heart rate is slightly elevated; patient expresses fear of heart attack.	<b>Anxiety</b> related to risk of cardiac events as evidenced by patient reports and physiological signs.	<b>Short-Term:</b> - Within 1 hour, patient reports reduced anxiety. <b>Long-Term:</b> - Patient demonstrates effective coping strategies and maintains a calm state.	Provide emotional support and relaxation techniques; educate patient on the disease process and preventive measures.	Conduct one-on-one counseling; use guided imagery and deep breathing exercises; monitor anxiety levels.	Reducing anxiety lowers cardiac stress and improves overall outcomes.	Patient reports reduced anxiety; heart rate stabilizes; patient demonstrates relaxation techniques.