

NURSING CARE PLAN FOR PREMATURE RUPTURE OF MEMBRANES:

| Assessment | Nursing Diagnosis | Goal/Expected Outcome | Intervention/Planning | Implementation | Rationale | Evaluation |
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| <p>Subjective Data: - Patient reports a sudden gush of clear fluid and slight vaginal discomfort.</p> <p>Objective Data: - Leakage of amniotic fluid observed; fetal heart rate within normal limits; no signs of infection.</p> | <p>Risk for Infection related to exposure of the intrauterine environment as evidenced by premature rupture of membranes.</p> | <p>Short-Term: - Within 1 day, prevent signs of infection and maintain normal fetal heart rate.</p> <p>Long-Term: - Patient remains free from infection and proceeds safely to delivery.</p> | <p>Initiate aseptic techniques during care; monitor maternal temperature and fetal heart rate; educate on hygiene practices.</p> | <p>Use sterile equipment for assessments; reassess vital signs every 4 hours; instruct patient on proper perineal care.</p> | <p>Reducing contamination risk prevents infection and protects maternal and fetal health.</p> | <p>Patient remains afebrile; fetal heart rate stays within normal range; no signs of infection develop.</p> |
| <p>Subjective Data: - Patient expresses anxiety about potential complications and uncertain outcomes.</p> <p>Objective Data: - Patient shows signs of anxiety; vital signs</p> | <p>Deficient Knowledge regarding PROM management as evidenced by patient uncertainty and expressed anxiety.</p> | <p>Short-Term: - Within 24 hours, patient verbalizes key aspects of PROM care.</p> <p>Long-Term: - Patient adheres to the care plan and attends all</p> | <p>Develop an education plan covering PROM, potential complications, and self-care practices; provide written materials and visual aids.</p> | <p>Conduct one-on-one teaching sessions; distribute brochures; schedule follow-up calls.</p> | <p>Education reduces anxiety and promotes adherence to treatment plans.</p> | <p>Patient demonstrates understanding; reports decreased anxiety; follows up as scheduled.</p> |

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| indicate mild tachycardia. | | follow-up appointments. | | | | |
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