

NURSING CARE PLAN FOR TACHYCARDIA:

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - Patient reports palpitations and chest discomfort during activity.</p> <p>Objective Data: - Heart rate is 110 bpm; blood pressure is 140/90 mmHg; ECG shows irregular rhythm.</p>	<p>Decreased Cardiac Output related to abnormal heart rate as evidenced by palpitations and irregular ECG.</p>	<p>Short-Term: - Within 1 hour, reduce heart rate to below 100 bpm and relieve chest discomfort.</p> <p>Long-Term: - Patient maintains a stable, regular heart rhythm with improved cardiac output.</p>	<p>Administer prescribed beta-blockers and antiarrhythmic medications; monitor ECG continuously.</p>	<p>Deliver medications as ordered; reassess vital signs and ECG every 15-30 minutes; document changes.</p>	<p>Beta-blockers lower heart rate and antiarrhythmics stabilize cardiac rhythm, improving output.</p>	<p>ECG normalizes; heart rate decreases; patient reports reduced chest discomfort.</p>
<p>Subjective Data: - Patient expresses anxiety about potential heart complications.</p> <p>Objective Data: - Patient appears anxious; heart rate remains slightly elevated.</p>	<p>Anxiety related to fear of cardiac complications as evidenced by patient reports and physiological signs.</p>	<p>Short-Term: - Within 1 hour, patient reports reduced anxiety.</p> <p>Long-Term: - Patient demonstrates effective coping strategies and</p>	<p>Provide emotional support and teach relaxation techniques such as deep breathing.</p>	<p>Conduct counseling sessions; use guided imagery; monitor anxiety levels; provide reassurance.</p>	<p>Reducing anxiety decreases sympathetic stimulation and supports cardiac stability.</p>	<p>Patient reports decreased anxiety; heart rate stabilizes; patient uses relaxation techniques effectively.</p>

		maintains a calm state.				
Subjective Data: - Patient is uncertain about lifestyle changes necessary to manage tachycardia. Objective Data: - Patient asks questions about diet and exercise; expresses difficulty adhering to recommendations.	Deficient Knowledge regarding the management of tachycardia as evidenced by patient uncertainty and non-adherence to lifestyle modifications.	Short-Term: - Within 24 hours, patient verbalizes understanding of lifestyle modifications. Long-Term: - Patient adheres to a heart-healthy lifestyle and follows care instructions.	Develop a comprehensive education plan covering dietary changes, exercise, and stress reduction.	Provide individual teaching sessions; distribute written materials and visual aids; schedule regular follow-ups.	Education empowers patients to manage their condition and improves adherence.	Patient verbalizes understanding; food diary and activity logs reflect adherence; follow-up assessments show progress.