

NURSING CARE PLAN FOR THALASSEMIA PDF

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - Patient reports feeling very tired and weak.</p> <p>Objective Data: - Lab tests show low hemoglobin and hematocrit; patient appears pale.</p>	<p>Ineffective Tissue Perfusion related to anemia from thalassemia as evidenced by fatigue, pallor, and low hemoglobin levels.</p>	<p>Short-Term: - Within 1 hour, vital signs will stabilize, and the patient will report less fatigue.</p> <p>Long-Term: - Within one month, hemoglobin levels will improve, and the patient will experience increased energy.</p>	<p>Plan for blood transfusion and monitor lab values closely; coordinate with the healthcare team for iron chelation therapy.</p>	<p>Administer prescribed blood transfusions; monitor vital signs and repeat lab tests every 24 hours; follow the chelation regimen.</p>	<p>Blood transfusions help improve oxygen delivery; chelation therapy prevents iron overload from repeated transfusions.</p>	<p>Vital signs stabilize; lab values show improved hemoglobin levels; patient reports feeling more energetic.</p>
<p>Subjective Data: - Patient and family express concern about pain in bones and fatigue.</p> <p>Objective Data: - Patient demonstrates signs of bone pain; difficulty</p>	<p>Acute Pain related to bone marrow expansion and skeletal changes secondary to thalassemia as evidenced by reported bone pain and limited activity.</p>	<p>Short-Term: - Within 1 hour, the patient's pain score will decrease from 7/10 to 4/10.</p> <p>Long-Term: - Within one month, the patient will manage pain</p>	<p>Plan to administer analgesics as prescribed and use non-pharmacological pain relief measures (e.g., warm compresses, rest).</p>	<p>Give pain medication as ordered; apply warm compresses to painful areas; monitor pain levels using a simple scale.</p>	<p>Pain management improves comfort and allows the patient to participate in activities, aiding overall recovery.</p>	<p>Patient's pain score decreases; patient reports better comfort; participation in daily activities increases.</p>

performing daily activities.		effectively and participate in daily activities.				
Subjective Data: - Family states they do not know how to help with nutrition. Objective Data: - Observations show poor dietary intake; potential nutritional deficits noted in lab results.	Imbalanced Nutrition: Less Than Body Requirements related to inadequate nutrient intake as evidenced by weight loss and low levels of essential vitamins and minerals.	Short-Term: - Within 24 hours, the patient will begin to consume small, frequent meals. Long-Term: - Within one month, the patient will maintain a balanced diet with improved nutritional status.	Develop an individualized dietary plan with a dietitian; plan to introduce nutrient-rich foods gradually.	Work with a dietitian to create meal plans; educate patient and family on foods rich in iron, folic acid, and vitamin C; monitor weight and lab values regularly.	A balanced diet is essential for supporting red blood cell production and overall health.	Patient's dietary intake improves; weight stabilizes; lab tests indicate better nutritional status.
Subjective Data: - Patient expresses confusion about treatment and self-care. Objective Data: - Patient shows lack of understanding about	Ineffective Health Management related to insufficient knowledge about thalassemia and its treatment as evidenced by patient and family confusion.	Short-Term: - Within 24 hours, the patient and family will verbalize understanding of the treatment plan. Long-Term: - Within one month, the patient will	Plan an education session to explain the nature of thalassemia, treatment options, and self-care techniques.	Conduct a teaching session using simple language, visuals, and handouts; provide contact information for further questions.	Education empowers patients and families, helping them to manage the condition better and adhere to treatment.	Patient and family express clear understanding; patient shows improved self-care behaviors; follow-up sessions confirm adherence.

thalassemia and its management.		demonstrate effective self-care practices.				
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