

NURSING CARE PLAN FOR THROMBOCYTOPENIA:

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - Patient reports easy bruising and fatigue.</p> <p>Objective Data: - Petechiae observed on the skin; platelet count is low; patient appears fatigued.</p>	<p>Risk for Bleeding related to decreased platelet count as evidenced by petechiae and easy bruising.</p>	<p>Short-Term: - Within 24 hours, patient will demonstrate no signs of active bleeding.</p> <p>Long-Term: - Patient maintains stable platelet counts and exhibits minimal bruising.</p>	<p>Initiate prescribed medications to increase platelet count; implement safety measures to prevent injury.</p>	<p>Administer medications as ordered; use fall precautions; monitor skin for new bruising every 4 hours.</p>	<p>Reducing bleeding risk is essential to protect the patient from complications.</p>	<p>No new bruising develops; vital signs remain stable; platelet counts improve over time.</p>
<p>Subjective Data: - Patient expresses uncertainty about managing dietary changes to support</p>	<p>Deficient Knowledge regarding thrombocytopenia management as evidenced by patient uncertainty about diet and self-care.</p>	<p>Short-Term: - Within 24 hours, patient will identify key dietary modifications.</p> <p>Long-Term: - Patient adheres to a nutrient-rich,</p>	<p>Develop an education plan with a focus on dietary recommendations and lifestyle modifications.</p>	<p>Conduct teaching sessions; provide written materials and visual aids; review patient's food diary.</p>	<p>Education empowers patients to make informed choices that support their recovery.</p>	<p>Patient verbalizes understanding; food diary shows adherence; lab values indicate improved platelet production.</p>

<p>recovery. Objective Data: - Diet history reveals high intake of foods that may impair platelet production.</p>		<p>low-risk diet to support recovery.</p>				
<p>Subjective Data: - Patient is anxious about the potential for excessive bleeding. Objective Data: - Patient exhibits signs of anxiety; slight tachycardia noted.</p>	<p>Anxiety related to fear of bleeding complications as evidenced by verbal expressions of worry and physiological signs.</p>	<p>Short-Term: - Within 1 hour, patient reports reduced anxiety levels. Long-Term: - Patient demonstrates effective coping strategies and adheres to the care plan.</p>	<p>Provide emotional support and teach relaxation techniques such as deep breathing and guided imagery.</p>	<p>Engage in one-on-one counseling; encourage use of relaxation exercises; monitor anxiety levels; provide reassurance.</p>	<p>Reducing anxiety can lower stress, which may indirectly support improved platelet function.</p>	<p>Patient reports decreased anxiety; heart rate normalizes; patient utilizes relaxation techniques effectively.</p>