

CONGENITAL HIP DYSPLASIA NURSING CARE PLANS

Nursing Diagnosis	Patient Goals/Expected Outcomes	Assessment Data	Nursing Interventions	Rationale	Evaluation	Documentation/Follow-Up
Impaired Physical Mobility	Improve hip stability and functional movement	Limited range of motion; discomfort noted	Assist with physical therapy exercises; ensure proper brace fit	Enhances stability and promotes developmental progress	Improved range of motion and decreased discomfort observed	Document therapy sessions and brace adjustments
Acute Pain	Reduce pain to a manageable level ($\leq 3/10$)	Reports pain score of 6/10; signs of discomfort	Administer analgesics as prescribed; apply cold therapy	Relieves pain and facilitates participation in therapy	Patient reports reduced pain; improved comfort noted	Record pain levels and medication times
Risk for Delayed Development	Achieve age-appropriate developmental milestones	Observations of delayed motor skills	Encourage participation in play and therapeutic activities; collaborate with developmental specialists	Promotes motor skill development and overall growth	Patient demonstrates increased engagement in age-appropriate activities	Document developmental progress and adjust plan accordingly

Ineffective Family Coping	Family will verbalize understanding of care plan and exhibit reduced anxiety	Family expresses stress and uncertainty about treatment	Provide detailed education; offer counseling and support group referrals	Empowers family to manage care effectively and reduces anxiety	Family reports increased confidence and understanding	Document educational sessions and follow-up discussions
Knowledge Deficit	Family will understand the treatment protocol and home care requirements	Family asks several questions regarding CHD management	Distribute written materials; conduct one-on-one teaching sessions	Ensures informed care and adherence to treatment recommendations	Family demonstrates understanding through return explanations	Document teaching sessions and review comprehension