

CUSHING'S SYNDROME NURSING CARE PLAN:

Nursing Diagnosis	Goals/Outcomes	Nursing Assessment	Nursing Interventions	Rationale	Evaluation	Patient Education/Discharge Instructions
Impaired Physical Mobility	Patient will improve mobility to perform ADLs with greater ease within 1 week.	Assess muscle strength, balance, range of motion, and level of fatigue.	Encourage participation in gentle exercise programs and coordinate physical therapy sessions.	Exercise and physical therapy improve muscle strength and balance, reducing fall risk.	Patient shows increased mobility and reports less fatigue during ADLs.	Teach safe exercise routines and advise on energy conservation techniques for daily tasks.
Risk for Infection	Patient remains free from infections during hospitalization and at home.	Monitor vital signs, inspect skin integrity, and review lab values (WBC count).	Use strict aseptic technique during procedures, provide wound care, and administer antibiotics as ordered.	Cushing's syndrome causes immunosuppression, increasing the risk of infection.	No signs of infection; stable vital signs and lab values.	Instruct on proper hand hygiene, wound care, and when to seek medical help for signs of infection.
Ineffective Health Management	Patient will demonstrate understanding of the disease and adhere to the treatment regimen within 5 days.	Evaluate the patient's understanding of Cushing's syndrome, medication regimen, and lifestyle modifications.	Provide clear, step-by-step education on the condition, medications, and self-care practices.	Improved understanding enhances treatment adherence and self-management.	Patient verbalizes knowledge about the condition and treatment plan; adheres to medication schedule.	Supply written materials, visual aids, and schedule follow-up teaching sessions to reinforce learning.

Disturbed Body Image	Patient will express improved self-esteem and body image by the end of the care period.	Assess patient's emotional status, perception of physical changes, and coping mechanisms.	Offer emotional support, facilitate referrals for counseling, and encourage participation in support groups.	Emotional support can help patients adjust to physical changes and improve self-image.	Patient reports reduced anxiety and a more positive body image.	Educate on realistic expectations regarding physical changes and provide resources for psychological support.
Acute Pain	Patient will report a decrease in pain to a tolerable level within 48 hours.	Assess pain intensity, location, quality, and any factors that exacerbate or relieve pain.	Administer prescribed analgesics and implement non-pharmacological pain management techniques (e.g., heat therapy, gentle massage).	Effective pain management improves comfort and promotes participation in rehabilitation activities.	Patient reports pain reduction on standardized pain scale; demonstrates improved comfort.	Teach proper medication use, pain tracking techniques, and when to notify a provider for changes in pain level.