

NURSING CARE PLAN TABLE FOR MASTECTOMY

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Rationale	Evaluation	Notes
Patient reports pain of 7/10 at the incision site.	Acute Pain	Reduce pain to $\leq 3/10$ within 24 hours.	Administer prescribed analgesics; apply cold compresses; reposition for comfort.	Reducing pain improves mobility and supports healing.	Patient reports pain reduced to 3/10 after interventions.	Reassess pain every 4 hours and adjust as needed.
Incision shows mild redness with no discharge.	Risk for Infection	Keep the wound infection-free throughout hospitalization.	Use sterile techniques during dressing changes; educate patient on hand hygiene; monitor wound daily.	Prevents infection and ensures smooth healing.	No infection signs observed; wound remains clean.	Document wound condition each shift.
Wound exhibits slight dehiscence and slow healing.	Impaired Wound Healing	Achieve complete wound closure within the expected timeframe.	Implement wound care protocols; ensure proper nutrition; consult a wound care specialist if necessary.	Proper wound management promotes tissue repair.	Wound healing improves; dehiscence resolves.	Monitor wound daily; reinforce patient education.
Patient's arm shows swelling and heaviness on the surgical side.	Risk for Lymphedema	Prevent development of lymphedema; maintain normal arm circumference.	Educate on gentle arm exercises; advise on proper arm positioning; use compression garments if indicated.	Early intervention prevents lymphedema and promotes lymphatic drainage.	Arm circumference remains stable; swelling decreases.	Encourage daily exercises; measure arm circumference regularly.

Patient feels anxious and expresses concern over body image changes.	Ineffective Coping / Altered Body Image	Improve self-esteem and coping within 72 hours.	Provide counseling; offer support group details; share resources on body image adjustment.	Emotional support aids overall recovery and improves self-image.	Patient reports reduced anxiety and improved mood.	Schedule follow-up counseling sessions and involve family support.
Patient does not understand proper post-op self-care routines.	Deficient Knowledge	Patient demonstrates accurate understanding of self-care before discharge.	Offer detailed education sessions; distribute written materials and visual aids; use teach-back methods to confirm learning.	Informed patients are better equipped to manage their recovery.	Patient accurately describes care techniques and self-care practices.	Provide additional resources as needed.
Patient shows signs of skin irritation around the incision from friction.	Risk for Impaired Skin Integrity	Maintain intact skin without further irritation.	Use soft, non-abrasive dressings; apply barrier creams; educate on proper positioning to reduce friction.	Protecting the skin prevents breakdown and additional injury.	Skin remains intact; irritation resolves with proper care.	Monitor skin condition during repositioning and dressing changes.
Patient reports difficulty moving the affected arm after surgery.	Impaired Physical Mobility	Improve arm mobility with assistance within 5 days.	Collaborate with physical therapy; encourage gentle range-of-motion exercises; assist with daily activities.	Early mobilization prevents stiffness and improves functional recovery.	Patient shows improved arm movement and participates more in ADLs.	Adjust exercise regimen based on progress and tolerance.
Patient shows signs of	Risk for Fluid Imbalance	Maintain stable vital signs and a normal	Monitor vital signs and fluid intake/output; adjust IV fluids as	Proper fluid management prevents	Stable vital signs and balanced fluid records.	Document daily weights and

hypotension and fluid imbalance.		fluid balance throughout recovery.	necessary; educate on the importance of hydration.	complications such as dehydration.		intake/output charts.
Patient experiences persistent fatigue affecting daily activities.	Chronic Fatigue	Increase energy levels and reduce fatigue within 72 hours.	Encourage balanced meals; schedule regular rest periods; assess for underlying causes such as anemia.	Managing fatigue supports overall recovery and improves quality of life.	Patient reports increased energy and reduced fatigue over time.	Reassess fatigue during each shift and adjust interventions as needed.
Patient expresses negative feelings about her appearance post-mastectomy.	Altered Body Image	Improve body image perception and self-esteem within one week.	Provide counseling; facilitate support groups; offer educational materials on reconstruction and self-acceptance.	Emotional support and education improve self-esteem and emotional well-being.	Patient shows improved self-image and actively participates in discussions.	Continue emotional support and monitor psychological status.