

MULTIPLE SCLEROSIS NURSING CARE PLAN

Nursing Diagnosis	Goal/Expected Outcome	Interventions	Rationale	Evaluation	Timeline	Notes
Impaired Physical Mobility	Patient will improve mobility and reduce fall risk.	<ol style="list-style-type: none"> Collaborate with physical therapy for individualized exercise plans. Provide assistive devices (e.g., walker). 	To increase muscle strength, improve coordination, and reduce fall risk.	Observed improvement in gait and balance.	2-4 weeks	Monitor muscle fatigue and adjust exercise intensity accordingly.
Fatigue	Patient will demonstrate effective energy conservation techniques.	<ol style="list-style-type: none"> Teach energy conservation and pacing strategies. Schedule regular rest periods throughout the day. 	To reduce fatigue and improve the patient's ability to perform daily activities.	Patient reports lower fatigue levels and improved daily function.	1-2 weeks	Encourage the use of a daily activity log to track energy levels.
Risk for Infection	Prevent urinary tract infections and other infections.	<ol style="list-style-type: none"> Implement scheduled voiding and monitor fluid intake. Educate the patient on hygiene and catheter care. 	To minimize the risk of infection associated with bladder dysfunction.	No signs of infection; normal lab results.	Ongoing	Monitor temperature and infection markers regularly.
Urinary/Bowel Incontinence	Patient will maintain control over urinary and bowel functions.	<ol style="list-style-type: none"> Establish a scheduled voiding program. Recommend dietary 	To enhance continence and reduce social embarrassment.	Patient reports fewer incontinence episodes.	2-3 weeks	Adjust schedule based on patient's feedback.

		modifications to improve bowel regularity.				
Ineffective Coping	Patient will demonstrate improved coping and stress management.	<ol style="list-style-type: none"> 1. Provide counseling and referral to support groups. 2. Teach relaxation techniques and stress management strategies. 	To support mental health and build resilience in managing chronic illness.	Patient verbalizes reduced stress and increased coping ability.	1 month	Document changes in emotional status over time.
Knowledge Deficit	Patient will understand MS management and treatment options.	<ol style="list-style-type: none"> 1. Educate the patient about disease-modifying therapies and symptom management. 2. Provide written materials. 	To empower the patient to actively manage their condition and adhere to treatments.	Patient demonstrates understanding during follow-up sessions.	1-2 weeks	Reinforce education during each clinical visit.
Impaired Self-Care	Patient will perform daily self-care activities with increased independence.	<ol style="list-style-type: none"> 1. Train on the use of adaptive equipment (e.g., grab bars, raised toilet seats). 2. Collaborate with occupational therapy. 	To promote independence in activities of daily living and enhance quality of life.	Increased patient independence in self-care tasks is observed.	3-4 weeks	Provide periodic refresher sessions to ensure proper use of equipment.