

MYASTHENIA GRAVIS NURSING CARE PLAN

Nursing Diagnosis	Goal/Expected Outcome	Interventions	Rationale	Evaluation	Timeline	Notes
Impaired Physical Mobility	Patient will improve muscle strength and mobility.	1. Administer prescribed anticholinesterase medications. 2. Coordinate with physical therapy for tailored exercises.	Medications improve neuromuscular transmission; exercise builds muscle strength.	Improved movement and reduced fatigue during activities.	2-4 weeks	Adjust exercise intensity based on patient tolerance.
Ineffective Airway Clearance	Patient will maintain clear airways and effective breathing.	1. Monitor respiratory rate and oxygen saturation. 2. Encourage deep breathing and coughing exercises.	These measures promote lung expansion and reduce the risk of respiratory complications.	Normal respiratory rate and oxygen levels observed.	Ongoing	Use incentive spirometry as needed.
Fatigue	Patient will demonstrate decreased fatigue levels.	1. Teach energy conservation techniques. 2. Schedule rest periods between activities.	Energy conservation helps manage fatigue and prevents overexertion.	Patient reports lower fatigue and improved daily activity.	1-2 weeks	Keep a fatigue log to track daily energy levels.
Risk for Aspiration	Patient will maintain safe swallowing and avoid aspiration.	1. Assess swallowing ability regularly. 2. Provide small, frequent meals and monitor for signs of aspiration.	Regular assessment reduces the risk of aspiration and associated complications.	No signs of choking or aspiration observed.	Ongoing	Consult speech therapy if swallowing difficulties persist.

Ineffective Coping	Patient will utilize effective stress management strategies.	1. Provide counseling referrals and stress management education. 2. Encourage participation in support groups.	Counseling and support groups help patients manage emotional stress.	Patient verbalizes improved coping strategies.	1 month	Document changes in emotional well-being.
Knowledge Deficit	Patient will demonstrate understanding of MG and its management.	1. Educate patient on MG, medications, and lifestyle modifications. 2. Provide written educational materials.	Improved understanding enhances treatment adherence and self-management.	Patient explains disease management steps during follow-up.	1-2 weeks	Reinforce education at subsequent visits.
Impaired Self-Care	Patient will perform self-care activities with increased independence.	1. Train on the use of adaptive equipment (e.g., assistive devices for mobility). 2. Collaborate with occupational therapy for self-care training.	Promotes independence and improves quality of life.	Increased ability to perform daily activities independently.	3-4 weeks	Schedule periodic reviews to reinforce techniques.