

# NURSING CARE PLAN FOR AUTISM SPECTRUM DISORDER

Nursing Diagnosis	Patient Goals/Expected Outcomes	Assessment Data	Nursing Interventions	Rationale	Evaluation	Documentation/Follow-Up
<b>Impaired Social Interaction</b>	Improve non-verbal and verbal communication within 24 hours	Patient shows limited eye contact and minimal verbal response	Introduce communication aids; use simple language; collaborate with a speech therapist	Enhances communication and reduces frustration	Patient uses communication aids effectively	Record communication progress and therapy sessions
<b>Risk for Self-Injurious Behavior</b>	Reduce instances of self-harm within 48 hours	Patient exhibits repetitive self-injurious behavior	Implement behavior modification techniques; use positive reinforcement; provide a structured routine	Reduces risk of injury and promotes safer behavior	Self-harm episodes decrease; behavior improves	Document behavior patterns and intervention outcomes
<b>Sensory Processing Deficit</b>	Improve sensory tolerance and reduce overstimulation within 24 hours	Patient is sensitive to loud noises and bright lights	Modify the environment to reduce sensory overload; use calming activities;	Reduces sensory triggers and improves comfort	Patient shows less sensitivity; reports increased comfort	Document environmental modifications and patient feedback

			collaborate with an OT			
<b>Impaired Physical Function</b>	Enhance ability to perform daily activities with minimal assistance within 48 hours	Difficulty performing ADLs; reduced fine motor skills observed	Encourage participation in self-care activities; provide assistance and adaptive devices	Promotes independence and improves quality of life	Increased participation in ADLs; improved motor skills	Record functional assessments and ADL progress
<b>Knowledge Deficit</b>	Patient and family will accurately describe the care plan and management strategies within 24 hours	Family expresses uncertainty about ASD management	Provide clear, written instructions; use teach-back method; offer counseling and support group information	Empowers families to support the patient effectively	Family demonstrates understanding and adherence	Document educational sessions and verify comprehension