

NURSING CARE PLAN FOR FIBROMYALGIA

Nursing Diagnosis	Patient Goals/Expected Outcomes	Assessment Data	Nursing Interventions	Rationale	Evaluation	Documentation/Follow-Up
Acute Pain	Reduce headache and body pain to $\leq 3/10$ within 2 hours	Patient reports pain score of 6/10; tender points on examination	Administer prescribed analgesics; use warm compresses; encourage rest and relaxation techniques	Reduces pain intensity and improves comfort	Pain score decreases; patient reports reduced discomfort	Record pain scores and interventions
Sleep Pattern Disturbance	Achieve at least 6 hours of restful sleep within 24–48 hours	Patient reports poor sleep quality and frequent awakenings	Provide a dark, quiet environment; administer sleep aids if needed; educate on sleep hygiene practices	Improves sleep quality and promotes recovery	Patient reports improved sleep; fewer awakenings	Document sleep patterns and intervention outcomes
Fatigue	Enhance energy levels and reduce fatigue within 48 hours	Patient reports excessive tiredness; low energy levels	Encourage energy conservation techniques; assist with light physical activities;	Balances activity and rest to boost energy	Patient demonstrates increased energy and participation	Record activity levels and patient feedback

			schedule rest periods			
Knowledge Deficit	Patient and family will accurately explain the care plan within 24 hours	Family expresses uncertainty about managing fibromyalgia	Provide clear, written and verbal education; use teach-back method; distribute educational pamphlets	Empowers patients and families for better self-care	Family demonstrates understanding; adheres to guidelines	Document educational sessions and verify comprehension
Anxiety	Reduce patient and family anxiety within 24 hours	Patient and family show signs of stress and worry	Offer emotional support; use relaxation techniques; provide clear explanations about the care plan	Reduces emotional distress and promotes a supportive environment	Anxiety decreases; positive feedback received	Document emotional support sessions and counseling