

NURSING CARE PLAN FOR IMPAIRED GAS EXCHANGE

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - The patient complains of shortness of breath and fatigue.</p> <p>Objective Data: - Oxygen saturation is 88% on room air; increased respiratory rate observed.</p>	<p>Impaired Gas Exchange related to alveolar-capillary membrane dysfunction as evidenced by hypoxemia and tachypnea.</p>	<p>Short-Term: - Within 48 hours, the patient will show an oxygen saturation above 92% on prescribed oxygen therapy.</p> <p>Long-Term: - The patient will maintain adequate gas exchange and report reduced dyspnea during daily activities.</p>	<p>Administer oxygen therapy per physician's orders; monitor oxygen saturation and vital signs; adjust treatment as needed.</p>	<p>Provide oxygen via nasal cannula; use pulse oximetry to monitor levels; document changes in respiratory status regularly.</p>	<p>Supplemental oxygen increases oxygen delivery to tissues and reduces respiratory distress.</p>	<p>The patient's oxygen saturation improves and symptoms of dyspnea decrease, as noted in continuous assessments.</p>
<p>Subjective Data: - The patient expresses anxiety about breathing difficulties.</p> <p>Objective Data: - The patient appears restless and uses</p>	<p>Anxiety related to the sensation of breathlessness as evidenced by patient reports and physical signs of distress.</p>	<p>Short-Term: - Within 24 hours, the patient will report reduced anxiety using one coping strategy.</p> <p>Long-Term: - The patient will exhibit a calmer breathing pattern</p>	<p>Teach relaxation and breathing techniques; provide reassurance; involve the patient in guided exercises.</p>	<p>Demonstrate diaphragmatic breathing; offer reassurance and monitor anxiety levels; schedule brief counseling sessions.</p>	<p>Reducing anxiety lowers oxygen demand and supports effective ventilation.</p>	<p>The patient reports decreased anxiety and demonstrates effective use of breathing techniques, as documented in</p>

accessory muscles during respiration.		and improved comfort levels during activities.				follow-up evaluations.
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