

Nursing Care Plan for Impaired Urinary Elimination

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data:</p> <ul style="list-style-type: none"> - The patient reports involuntary urine leakage and discomfort. <p>Objective Data:</p> <ul style="list-style-type: none"> - Observed urine leakage and skin redness. 	<p>Impaired Urinary Elimination (Incontinence) related to weakened pelvic muscles as evidenced by urine leakage and skin irritation.</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 48 hours, the patient will reduce urine leakage episodes by 30%. <p>Long-Term:</p> <ul style="list-style-type: none"> - The patient will achieve controlled bladder function and maintain skin integrity. 	<p>Educate on bladder training and pelvic floor exercises; apply barrier creams for skin protection.</p>	<p>Conduct daily bladder training sessions; demonstrate Kegel exercises; monitor skin condition.</p>	<p>Strengthening pelvic muscles and proper skin care reduces leakage and prevents infection.</p>	<p>The patient shows fewer leakage episodes and improved skin condition as noted in daily assessments.</p>
<p>Subjective Data:</p> <ul style="list-style-type: none"> - The patient experiences difficulty voiding and a feeling of incomplete emptying. <p>Objective</p>	<p>Impaired Urinary Elimination (Retention) related to bladder outlet obstruction as evidenced by difficulty voiding and abdominal discomfort.</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 24 hours, the patient will use double voiding techniques to empty the bladder effectively. <p>Long-Term:</p> <ul style="list-style-type: none"> - The patient will report decreased 	<p>Teach double voiding techniques and, if necessary, use intermittent catheterization per protocol; review fluid intake.</p>	<p>Instruct the patient on voiding techniques; schedule catheterization if needed; document voiding patterns.</p>	<p>Proper voiding methods ensure complete bladder emptying and reduce discomfort.</p>	<p>The patient reports improved voiding efficiency and decreased abdominal discomfort, as documented in the voiding diary.</p>

Data: - Palpable bladder and lower abdominal discomfort.		abdominal discomfort and achieve regular voiding.				
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