

## NURSING CARE PLAN FOR MACULAR DEGENERATION

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p><b>Subjective Data:</b> - Patient reports blurred central vision and difficulty reading small print.</p> <p><b>Objective Data:</b> - Visual acuity reduced; difficulty with contrast sensitivity; normal peripheral vision.</p>	<p><b>Impaired Visual Perception</b> related to macular degeneration as evidenced by blurred central vision and reading difficulties.</p>	<p><b>Short-Term:</b> - Within 1 week, patient will demonstrate improved use of adaptive strategies for reading.</p> <p><b>Long-Term:</b> - Patient maintains functional independence with enhanced visual aids and support.</p>	<p>Introduce magnifiers and large-print materials; educate on the importance of proper lighting; schedule regular eye exams.</p>	<p>Provide adaptive devices; instruct patient on their proper use; document improvements in reading ability.</p>	<p>Adaptive devices help compensate for vision loss and improve daily functioning.</p>	<p>Patient reports improved reading ability; increased independence in visual tasks; consistent use of adaptive devices noted.</p>
<p><b>Subjective Data:</b> - Patient expresses anxiety about progressive vision loss and its impact on</p>	<p><b>Anxiety</b> related to fear of further vision loss and dependency as evidenced by patient reports</p>	<p><b>Short-Term:</b> - Within 24 hours, patient will report decreased anxiety and demonstrate effective coping strategies.</p>	<p>Provide emotional support and counseling; teach relaxation techniques such as deep breathing and mindfulness; offer referrals to support groups.</p>	<p>Conduct individual counseling sessions; distribute relaxation resources; schedule follow-up to assess emotional status.</p>	<p>Reducing anxiety enhances overall quality of life and supports</p>	<p>Patient reports reduced anxiety; engages in relaxation exercises; positive feedback</p>

<p><b>independence.</b>  <b>Objective Data:</b>  - Patient appears anxious; verbalizes fear of losing autonomy.</p>	<p>and signs of distress.</p>	<p><b>Long-Term:</b>  - Patient participates in support groups and utilizes relaxation techniques, resulting in improved emotional well-being.</p>			<p>treatment adherence.</p>	<p>from support groups.</p>
<p><b>Subjective Data:</b>  - Patient is uncertain about necessary lifestyle changes and dietary modifications to support eye health.  <b>Objective Data:</b>  - Patient asks questions about diet and nutrition; shows lack of awareness regarding risk factors.</p>	<p><b>Deficient Knowledge</b> regarding macular degeneration management as evidenced by patient uncertainty about diet, exercise, and self-care practices.</p>	<p><b>Short-Term:</b>  - Within 24 hours, patient will verbalize key strategies for managing macular degeneration.  <b>Long-Term:</b>  - Patient adheres to dietary and lifestyle modifications that support eye health.</p>	<p>Develop a comprehensive education plan on nutrition, exercise, and self-care strategies; provide written and visual materials; review key points in follow-up sessions.</p>	<p>Conduct one-on-one teaching sessions; distribute educational brochures; reinforce learning during subsequent visits.</p>	<p>Patient education is critical for long-term management and prevention of further vision loss.</p>	<p>Patient demonstrates improved understanding; adherence to lifestyle changes confirmed during follow-up; self-reported improvement in vision management.</p>