

NURSING CARE PLAN FOR PEDIATRIC ASTHMA

Nursing Diagnosis	Patient Goals/Expected Outcomes	Assessment Data	Nursing Interventions	Rationale	Evaluation	Documentation/Follow-Up
Impaired Gas Exchange	Maintain oxygen saturation above 92% within 2 hours	Elevated respiratory rate; decreased oxygen saturation noted	Administer bronchodilators; provide supplemental oxygen; monitor ABG and vital signs	Improves ventilation and oxygenation	Oxygen levels stabilize; breathing pattern improves	Record oxygen saturation, ABG, and vital signs
Ineffective Airway Clearance	Reduce wheezing and coughing to improve breathing within 2–4 hours	Auscultation reveals wheezing; frequent cough observed	Administer inhaled medications; assist with proper inhaler technique; encourage controlled breathing	Opens airways and reduces airway obstruction	Wheezing decreases; patient reports easier breathing	Document respiratory assessments and medication use
Acute Pain/Discomfort	Reduce pain to $\leq 3/10$ within 2 hours	Patient reports chest tightness and discomfort;	Administer analgesics as prescribed; provide a quiet	Relieves pain and improves	Pain score decreases; patient appears more relaxed	Record pain levels and interventions

		pain score of 6/10	environment; use relaxation techniques	overall comfort		
Risk for Activity Intolerance	Improve functional capacity and reduce fatigue within 48 hours	Patient exhibits fatigue and reduced physical activity	Encourage gradual, guided physical activity; collaborate with physiotherapy; schedule rest periods	Enhances endurance and prevents overexertion	Patient participates in activities with less fatigue	Document activity levels and physiotherapy feedback
Knowledge Deficit	Patient and family will accurately describe asthma management within 24 hours	Family is unsure about medication use and trigger avoidance	Provide written and verbal education on asthma care; use teach-back method; distribute educational materials	Promotes self-care and adherence to treatment	Family demonstrates understanding; adheres to guidelines	Document educational sessions and verify comprehension