

NURSING CARE PLAN FOR SELF-CARE DEFICIT & ADLS

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
Subjective Data: Patient reports difficulty with bathing and dressing. Objective Data: Observations indicate unsteady gait and reliance on caregiver assistance.	Self-Care Deficit related to impaired physical mobility and cognitive function.	Short-Term: Within 24 hours, patient will participate in modified self-care with minimal assistance. Long-Term: Patient will demonstrate increased independence in ADLs.	Initiate a structured daily routine; collaborate with occupational therapy to introduce adaptive techniques; provide written and verbal instructions.	Assist with ADLs as needed; encourage patient participation; document progress daily.	Structured routines and adaptive techniques promote independence and enhance quality of life.	Patient shows improved participation in ADLs; reduced need for assistance; increased patient and family confidence.
Subjective Data: Patient expresses anxiety about dependence. Objective Data: Patient appears agitated and exhibits signs of distress.	Anxiety related to fear of dependence and inability to perform self-care independently.	Short-Term: Within 24 hours, patient will identify at least one coping strategy. Long-Term: Patient demonstrates effective coping skills and reduced anxiety levels.	Provide emotional support; teach relaxation techniques such as deep breathing; refer to support groups if necessary.	Engage in counseling sessions; monitor anxiety levels; encourage practice of relaxation techniques.	Managing anxiety is essential to support overall well-being and active participation in self-care.	Patient reports lower anxiety levels; observable signs of reduced distress; active use of coping strategies.