

NURSING CARE PLANS FOR CERVICAL INSUFFICIENCY

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
Subjective: Patient expresses concern.	Risk for Preterm Birth: Cervical changes noted.	Short-Term: Patient follows activity restrictions within 48 hours. Long-Term: Cervical length stays stable.	Advise rest and schedule ultrasound checks.	Educate patient on safe activities; administer medication.	Early intervention helps maintain cervical integrity.	Stable cervical length; patient adheres to recommendations.
Subjective: Patient feels anxious.	Anxiety: Fear of pregnancy loss.	Short-Term: Anxiety reduces within 24 hours. Long-Term: Patient develops effective coping strategies.	Provide counseling and teach relaxation techniques.	Use supportive conversation and offer educational materials.	Reduced anxiety improves overall health.	Patient reports lower anxiety; coping strategies improve.
Subjective: Patient is unsure about care.	Deficient Knowledge: Unclear self-care practices.	Short-Term: Patient learns key self-care practices within 24 hours. Long-Term: Patient maintains regular follow-ups.	Develop a clear education plan with written materials.	Conduct teaching sessions and distribute brochures.	Education empowers patient self-management.	Patient shows improved understanding and adherence to care.