

## OSTEOPOROSIS NURSING CARE PLAN

Nursing Diagnosis	Goal/Expected Outcome	Interventions	Rationale	Evaluation	Timeline	Notes
<b>Risk for Injury</b>	Patient will avoid falls and fractures.	1. Implement fall prevention strategies (e.g., removing clutter, installing grab bars). 2. Educate on safe mobility.	Reducing environmental hazards prevents injuries by lowering fall risk.	No falls or fractures reported; safe mobility observed.	Ongoing	Reassess home environment periodically.
<b>Chronic Pain</b>	Patient will report decreased pain and improved comfort.	1. Administer prescribed pain medications as scheduled. 2. Apply heat or cold therapy as needed.	Effective pain management improves function and enhances quality of life.	Patient's pain scores decrease; increased participation in activities.	1-2 weeks	Adjust interventions based on patient feedback.
<b>Impaired Physical Mobility</b>	Patient will demonstrate improved balance and mobility.	1. Collaborate with physical therapy to create a tailored exercise program. 2. Encourage participation in weight-bearing exercises.	Strengthening muscles and enhancing balance reduces fall risk and promotes independence.	Improved gait and balance observed during assessments.	3-4 weeks	Monitor exercise tolerance and adjust intensity accordingly.
<b>Knowledge Deficit</b>	Patient will verbalize understanding of	1. Provide education on diet, exercise, and medications.	Educated patients are more likely to adhere to treatment plans and	Patient demonstrates	1-2 weeks	Reinforce education at subsequent visits.

	osteoporosis management.	2. Distribute written materials and resources.	make informed lifestyle choices.	knowledge in follow-up sessions.		
<b>Ineffective Coping</b>	Patient will use effective coping strategies to manage stress.	1. Offer counseling referrals. 2. Encourage participation in support groups.	Emotional support is essential for managing the psychological impact of chronic illness.	Patient verbalizes reduced stress and improved coping ability.	1 month	Document changes in emotional well-being.
<b>Risk for Impaired Skin Integrity</b>	Patient will maintain intact skin without breakdown.	1. Inspect skin regularly for signs of pressure or irritation. 2. Educate on proper skin care and repositioning techniques.	Early detection of skin issues prevents breakdown and further complications.	No skin breakdowns observed during care assessments.	Ongoing	Include skin care in daily routines.
<b>Imbalanced Nutrition</b>	Patient will maintain adequate nutrition to support bone health.	1. Provide nutritional counseling focusing on calcium and vitamin D intake. 2. Recommend supplements if dietary intake is insufficient.	Adequate nutrition is crucial for maintaining bone density and overall health.	Nutritional intake improves; lab values remain within optimal range.	2-3 weeks	Monitor dietary logs and lab results.