

PNEUMOTHORAX NURSING CARE PLAN

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Interventions/Planning	Implementation	Rationale	Evaluation
Subjective Data: <ul style="list-style-type: none"> • Patient reports sudden, sharp chest pain and difficulty breathing. Objective Data: <ul style="list-style-type: none"> • Respiratory rate: 30/min • Oxygen saturation: 88% • Diminished breath sounds on affected side. 	Impaired Gas Exchange Related to air accumulation in the pleural space and lung collapse.	Short-Term: <ul style="list-style-type: none"> • Increase oxygen saturation to $\geq 92\%$ within 1 hour. Long-Term: <ul style="list-style-type: none"> • Maintain effective gas exchange and stable respiratory function. 	<ul style="list-style-type: none"> - Initiate supplemental oxygen therapy. - Reposition patient to a semi-Fowler's position. - Monitor oxygen saturation and respiratory rate every 15 minutes. 	<ul style="list-style-type: none"> - Provide oxygen via mask. - Reassess and document vital signs regularly. - Adjust positioning as needed. 	<ul style="list-style-type: none"> - Supplemental oxygen increases alveolar ventilation. - Proper positioning enhances lung expansion and improves oxygenation. 	<ul style="list-style-type: none"> - Oxygen saturation improves. - Respiratory rate stabilizes. - Patient reports relief from breathing difficulty.
Subjective Data: <ul style="list-style-type: none"> • Patient experiences moderate chest pain (6/10) during deep 	Acute Pain Related to pleural irritation and lung collapse.	Short-Term: <ul style="list-style-type: none"> • Reduce pain to 3/10 within 1 hour. Long-Term: <ul style="list-style-type: none"> • Maintain effective pain control and 	<ul style="list-style-type: none"> - Administer prescribed analgesics. - Use non-pharmacological methods like warm compresses. - Encourage slow, deep breathing exercises. 	<ul style="list-style-type: none"> - Provide pain medication as ordered. - Monitor pain levels every 30 minutes. - Document patient's 	<ul style="list-style-type: none"> - Effective pain management facilitates better respiratory effort and overall comfort. 	<ul style="list-style-type: none"> - Pain levels decrease. - Patient experiences improved comfort. - Breathing

breathing. Objective Data: • Mild tachycardia; tenderness on palpation of the chest.		comfort during breathing.		response to interventions.		becomes easier.
Subjective Data: • Patient is anxious and expresses uncertainty about the condition. Objective Data: • Patient asks multiple questions regarding treatment and home care.	Anxiety Related to fear of breathing difficulties and potential complications.	Short-Term: • Patient will verbalize reduced anxiety within 24 hours. Long-Term: • Patient shows improved coping strategies and adherence to the treatment plan.	- Provide clear and simple explanations about pneumothorax. - Use visual aids and written materials for reinforcement. - Offer counseling and relaxation techniques.	- Conduct one-on-one teaching sessions. - Distribute brochures and visual aids. - Monitor patient's anxiety level regularly.	- Knowledge and reassurance reduce anxiety and promote a positive outlook. - Clear instructions enhance patient confidence.	- Patient demonstrates improved understanding. - Anxiety levels decrease. - Patient actively participates in care.
Subjective Data: • Patient shows uncertainty regarding self-care at home.	Deficient Knowledge Related to a lack of information about pneumothorax	Short-Term: • Patient will verbalize key self-care strategies within 24 hours. Long-Term: • Patient will	- Develop an education plan covering the basics of pneumothorax, treatment options, and self-care techniques. - Provide written instructions	- Implement scheduled educational sessions. - Use clear language and repeat key points. - Document the	- Patient education is critical for effective self-management and preventing complications.	- Patient demonstrates improved knowledge. - Self-care practices are consistently

Objective Data: • Patient displays a lack of knowledge about post-discharge instructions.	management and home care practices.	consistently apply self-care practices at home.	and conduct interactive teaching sessions.	patient's understanding and follow-up questions.	- Well-informed patients adhere better to treatment plans.	followed. - Follow-up assessments confirm adherence.
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