

PROLONGED BED REST NURSING CARE PLANS

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data:</p> <ul style="list-style-type: none"> - The patient reports discomfort on bony prominences. <p>Objective Data:</p> <ul style="list-style-type: none"> - Redness on the sacral area indicates early pressure ulcers. 	<p>Risk for Pressure Ulcers related to prolonged bed rest and immobility.</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 48 hours, the patient will show reduced redness and no new pressure ulcers. <p>Long-Term:</p> <ul style="list-style-type: none"> - The patient will maintain intact skin integrity through regular repositioning. 	<p>Reposition every two hours; use pressure-relieving devices; apply barrier creams; conduct skin assessments.</p>	<p>Document repositioning; monitor skin condition each shift; educate the patient and family.</p>	<p>Regular repositioning and skin care prevent prolonged pressure and reduce skin breakdown.</p>	<p>The patient's skin remains intact, and no new ulcers develop as documented in daily reports.</p>
<p>Subjective Data:</p> <ul style="list-style-type: none"> - The patient feels weak and unable to move without assistance. <p>Objective Data:</p> <ul style="list-style-type: none"> - Limited range of motion and reduced muscle 	<p>Impaired Physical Mobility related to deconditioning from prolonged bed rest.</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 72 hours, the patient will participate in passive range-of-motion exercises. <p>Long-Term:</p> <ul style="list-style-type: none"> - The patient will show improved 	<p>Develop an exercise program; perform passive and active range-of-motion exercises; consult physical therapy; encourage assisted ambulation.</p>	<p>Initiate exercises twice daily; document progress in mobility and strength; adjust the plan based on patient tolerance.</p>	<p>Regular exercise preserves muscle strength and joint flexibility, which improves overall mobility.</p>	<p>The patient demonstrates improved mobility and increased strength during follow-up assessments.</p>

strength are observed.		mobility and increased strength.				
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