

# SCOLIOSIS NURSING CARE PLANS

Nursing Diagnosis	Patient Goals/Expected Outcomes	Assessment Data	Nursing Interventions	Rationale	Evaluation	Documentation/Follow-Up
Impaired Physical Mobility	Improve mobility and achieve better posture	Limited range of motion; altered spinal alignment	Assist with physical therapy; educate on postural exercises	Enhances muscle strength and promotes proper alignment	Improved range of motion; better posture observed	Document therapy sessions and exercise adherence
Chronic Pain	Report reduced pain ( $\leq 3/10$ ) within 48 hours	Patient reports pain score of 6/10	Administer analgesics; use heat/cold therapy; encourage relaxation techniques	Reduces discomfort and facilitates engagement in therapy	Patient reports decreased pain; increased activity	Record pain assessments and intervention responses
Risk for Postural Deformity	Prevent progression of spinal curvature	Radiographic evidence of scoliosis	Educate on brace use; instruct on	Maintains spinal alignment and	No significant progression on follow-up imaging	Document brace compliance and patient education

		<b>progression; poor posture</b>	<b>correct body mechanics</b>	<b>prevents further curvature</b>		
<b>Ineffective Coping</b>	<b>Improve coping mechanisms and self-esteem</b>	<b>Signs of anxiety and low self- esteem</b>	<b>Provide counseling and support group referrals; offer emotional support</b>	<b>Addresses emotional distress and improves mental well- being</b>	<b>Patient shows improved mood and verbalizes coping strategies</b>	<b>Record counseling sessions and family feedback</b>
<b>Knowledge Deficit</b>	<b>Patient and family will understand the care plan and self-care instructions</b>	<b>Patient expresses uncertainty regarding scoliosis management</b>	<b>Provide detailed, written educational materials; conduct one- on-one teaching sessions</b>	<b>Enhances adherence to treatment and self-care practices</b>	<b>Patient demonstrates improved understanding in return explanations</b>	<b>Document teaching sessions and assess comprehension</b>