

CYSTIC FIBROSIS NURSING CARE PLAN

Nursing Diagnosis	Nursing Assessment	Nursing Goals	Nursing Interventions	Nursing Actions	Evaluation	Rationales
Ineffective Airway Clearance	Assess lung sounds, cough effectiveness, oxygen saturation	Improve secretion clearance and airway patency	Teach chest physiotherapy and coughing techniques	Demonstrate techniques and supervise sessions	Improved lung sounds, increased secretion clearance	Clear airways reduce infection risk and improve breathing
Impaired Gas Exchange	Monitor oxygen levels, respiratory rate, and lab results	Enhance oxygenation and reduce respiratory distress	Administer inhaled bronchodilators, oxygen therapy	Schedule medication, monitor response	Stable oxygen saturation, reduced dyspnea	Optimizing gas exchange supports vital organ function
Imbalanced Nutrition: Less Than Requirements	Check weight, dietary intake, and lab nutritional markers	Achieve weight gain and improved nutritional status	Collaborate with dietitians for a high-calorie diet plan	Monitor meal intake, weight, and labs	Weight gain, improved lab values	Adequate nutrition is essential for energy and recovery
Risk for Infection	Evaluate hygiene practices,	Prevent infections and maintain	Educate on hand hygiene, implement	Provide PPE, enforce	No signs of infection, improved	Reducing infection risk is crucial in cystic

	environmental factors, vital signs	immune function	infection control measures	hygiene protocols	hygiene compliance	fibrosis management
Impaired Spontaneous Ventilation	Observe respiratory effort and use of accessory muscles	Enhance spontaneous breathing capacity	Encourage breathing exercises and proper positioning	Train patient on deep breathing, use incentive spirometry	Increased lung capacity, reduced fatigue	Effective ventilation decreases work of breathing and improves oxygenation
Ineffective Coping	Assess emotional state and family support needs	Improve coping mechanisms and emotional stability	Provide counseling and family support resources	Arrange support groups, offer regular counseling sessions	Improved emotional outlook, reduced anxiety	Strong coping skills help manage chronic conditions
Knowledge Deficit	Evaluate patient and family understanding of cystic fibrosis	Increase awareness and self-care skills	Provide educational materials and one-on-one teaching	Distribute brochures, schedule educational sessions	Improved self-care, active participation in treatment	Better understanding leads to improved disease management