

NURSING CARE PLAN FOR HEMORRHOIDS

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
Subjective Data: - Patient reports pain and discomfort during bowel movements and notices blood on toilet paper. Objective Data: - Presence of swollen, tender tissue in the anal region; visible bright red blood.	Acute Pain related to hemorrhoidal inflammation as evidenced by patient-reported pain during defecation.	Short-Term: - Within 24 hours, reduce pain intensity to 3/10. Long-Term: - Patient experiences manageable pain and improved comfort during bowel movements.	Administer prescribed analgesics; recommend warm sitz baths and topical pain relievers; encourage proper hygiene.	Provide medications as ordered; instruct on sitz bath usage; assess pain levels every 4 hours.	Pain relief measures support comfort and promote healing.	Patient reports decreased pain; signs of inflammation reduce; improved comfort during defecation.
Subjective Data: - Patient expresses concerns about constipation and the need to avoid straining. Objective Data:	Impaired Urinary Elimination (related to defecation habits) due to constipation as evidenced by	Short-Term: - Within 24 hours, patient verbalizes understanding of dietary changes to prevent constipation. Long-Term:	Develop an education plan focusing on dietary modifications, increased fluid intake, and fiber supplementation; encourage scheduled toileting.	Conduct dietary counseling; provide written materials; monitor bowel habits and fluid intake.	Improved dietary practices reduce straining and prevent	Patient demonstrates improved bowel habits; reports regular bowel movements; adherence to

- History of low-fiber diet; patient reports difficulty with regular bowel movements.	difficulty in bowel movements and straining.	- Patient maintains regular bowel movements with a high-fiber diet and increased fluid intake.			worsening hemorrhoids.	dietary changes confirmed.
Subjective Data: - Patient is uncertain about self-care practices for managing hemorrhoids. Objective Data: - Patient asks questions about hygiene, use of sitz baths, and when to seek medical help.	Deficient Knowledge regarding the management and prevention of hemorrhoids as evidenced by patient uncertainty.	Short-Term: - Within 24 hours, patient will describe proper self-care techniques. Long-Term: - Patient consistently applies self-care practices and follows up with regular medical evaluations.	Develop a comprehensive education plan that includes hygiene practices, sitz bath instructions, and dietary recommendations; provide visual and written resources.	Conduct one-on-one teaching sessions; distribute brochures; schedule follow-up reviews to reinforce learning.	Patient education is crucial for effective self-management and prevention of complications.	Patient verbalizes understanding; self-care practices are consistent; follow-up evaluations show effective management.