

Examples of nursing interventions and rationales

Sample nursing interventions and rationales for patients with acute pain

Nursing Interventions	Rationales
Perform a comprehensive assessment of pain. Determine the location, characteristics, onset, duration, frequency, quality, and severity of pain via assessment.	The patient experiencing pain is the most reliable source of information about their pain. Thus, assessment of pain by conducting an interview helps the nurse in planning optimal pain management strategies.
Provide cognitive-behavioral therapy (CBT) for pain management.	These methods are used to provide comfort by altering psychological responses to pain. Cognitive-behavioral interventions include: distraction, guided imagery, eliciting relaxation response, etc.

Sample nursing interventions and rationales for patients with heart failure

Nursing Interventions	Rationales
Auscultate apical pulse, assess heart rate.	Tachycardia is an early sign of heart failure. An increase in heart rate is the body's first response to compensate for reduced cardiac output (CO). Initially, this compensatory response has a favorable effect on cardiac output, but over time, persistent tachycardia is harmful and may worsen heart failure. Appropriate heart rate control has been associated with better clinical outcomes, including decreased hospitalizations and mortality (Yancy et al., 2017).
Give oxygen as indicated by the patient's symptoms, oxygen saturation, and ABGs.	Supplemental oxygen increases oxygen availability to the myocardium and can help relieve symptoms of hypoxemia, ischemia, and subsequent activity intolerance (Giordano, 2005; Haque et al., 1996). The need is based on the degree of pulmonary congestion and resulting hypoxia. Ongoing pulse oximetry monitors the need for and effectiveness of oxygen supplementation.

Nursing Issues And Nursing Strategies For The Eighties

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Table of Contents Nursing Issues And Nursing Strategies For The Eighties

1. Understanding the eBook Nursing Issues And Nursing Strategies For The Eighties
 - The Rise of Digital Reading Nursing Issues And Nursing Strategies For The Eighties
 - Advantages of eBooks Over Traditional Books
2. Identifying Nursing Issues And Nursing Strategies For The Eighties
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nursing Issues And Nursing Strategies For The Eighties
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nursing Issues And Nursing Strategies For The Eighties
 - Personalized Recommendations

- Nursing Issues And Nursing Strategies For The Eighties User Reviews and Ratings
- Nursing Issues And Nursing Strategies For The Eighties and Bestseller Lists
- 5. Accessing Nursing Issues And Nursing Strategies For The Eighties Free and Paid eBooks
 - Nursing Issues And Nursing Strategies For The Eighties Public Domain eBooks
 - Nursing Issues And Nursing Strategies For The Eighties eBook Subscription Services
 - Nursing Issues And Nursing Strategies For The Eighties Budget-Friendly Options
- 6. Navigating Nursing Issues And Nursing Strategies For The Eighties eBook Formats
 - ePub, PDF, MOBI, and More
 - Nursing Issues And Nursing Strategies For The Eighties Compatibility with Devices
 - Nursing Issues And Nursing Strategies For The Eighties Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nursing Issues And Nursing Strategies For The Eighties
 - Highlighting and Note-Taking Nursing Issues And Nursing Strategies For The Eighties
 - Interactive Elements Nursing Issues And Nursing Strategies For The Eighties
- 8. Staying Engaged with Nursing Issues And Nursing Strategies For The Eighties
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nursing Issues And Nursing Strategies For The Eighties
- 9. Balancing eBooks and Physical Books Nursing Issues And Nursing Strategies For The Eighties
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nursing Issues And Nursing Strategies For The Eighties
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nursing Issues And Nursing Strategies For The Eighties
 - Setting Reading Goals Nursing Issues And Nursing Strategies For The Eighties
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nursing Issues And Nursing Strategies For The Eighties
 - Fact-Checking eBook Content of Nursing Issues And Nursing Strategies For The Eighties

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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