

Nursing care plan

What is a nursing care plan?

is a formal process that includes correctly identifying existing needs, as well as recognizing potential needs or risks.

Objectives:

- Promote evidence-based nursing care and to render pleasant and familiar conditions in hospitals or health centers.
- Support holistic care which involves the whole person including physical, psychological, social and spiritual in relation to management and prevention of the disease.
- Establish programs such as care pathways and care bundles. Care pathways involve a team effort in order to come to a consensus with regards to standards of care and expected outcomes while care bundles are related to best practice with regards to care given for a specific disease.
- Identify and distinguish goals and expected outcome.
- Review communication and documentation of the care plan.
- Measure nursing care.

Types of Nursing Care Plans?

- 1- **Informal nursing care plan:** is a strategy of action that exists in the nurse's mind.
- 2- **A formal nursing care plan:** is a written or computerized guide that organizes information about the client's care.
 - Standardized care plans specify the nursing care for groups of clients with everyday needs.
 - Individualized care plans are tailored to meet the unique needs of a specific client or needs that are not addressed by the standardized care plan.

Components:

A nursing care plan (NCP) usually includes **nursing diagnoses**, client problems, expected outcomes, and nursing interventions and rationales. These components are elaborated below:

- 1- **Client health assessment:** medical results, and diagnostic reports. This is the first measure in order to be able to design a care plan. In particular, client assessment is related to the following areas and abilities: physical, emotional, sexual, psychosocial, cultural, spiritual/transpersonal, cognitive, functional, age-related, economic and environmental. Information in this area can be subjective and objective.
- 2- **Expected client outcomes:** are outlined. These may be long and short term.
- 3- **Nursing interventions:**
- 4- **Rationales:** for interventions in order to be evidence-based care.
- 5- **Evaluation:** This documents the outcome of nursing interventions.

Care Plan Formats

Assessment	Diagnosis	Outcomes	Interventions	Evaluation	Documentation
1- Client's history 2- Physical assessment 3- Psychological assessment 4- Social assessment 5- Spiritual assessment 6- Functional assessment 7- Environmental assessment 8- Cultural assessment 9- Age-related assessment 10- Economic assessment	1- Nursing diagnosis 2- Client's problem 3- Client's need 4- Client's response 5- Client's behavior 6- Client's attitude 7- Client's belief 8- Client's value 9- Client's culture 10- Client's religion 11- Client's ethnicity 12- Client's race 13- Client's gender 14- Client's age 15- Client's life span 16- Client's life cycle 17- Client's life stage 18- Client's life phase 19- Client's life role 20- Client's life position 21- Client's life position 22- Client's life position 23- Client's life position 24- Client's life position 25- Client's life position 26- Client's life position 27- Client's life position 28- Client's life position 29- Client's life position 30- Client's life position	1- Expected outcome 2- Client's goal 3- Client's objective 4- Client's outcome 5- Client's result 6- Client's achievement 7- Client's accomplishment 8- Client's success 9- Client's attainment 10- Client's realization 11- Client's fulfillment 12- Client's satisfaction 13- Client's contentment 14- Client's happiness 15- Client's joy 16- Client's pleasure 17- Client's delight 18- Client's ecstasy 19- Client's bliss 20- Client's beatitude 21- Client's felicity 22- Client's fortune 23- Client's luck 24- Client's good fortune 25- Client's good luck 26- Client's good fortune 27- Client's good luck 28- Client's good fortune 29- Client's good luck 30- Client's good fortune	1- Nursing intervention 2- Client's action 3- Client's behavior 4- Client's response 5- Client's attitude 6- Client's belief 7- Client's value 8- Client's culture 9- Client's religion 10- Client's ethnicity 11- Client's race 12- Client's gender 13- Client's age 14- Client's life span 15- Client's life cycle 16- Client's life stage 17- Client's life phase 18- Client's life role 19- Client's life position 20- Client's life position 21- Client's life position 22- Client's life position 23- Client's life position 24- Client's life position 25- Client's life position 26- Client's life position 27- Client's life position 28- Client's life position 29- Client's life position 30- Client's life position	1- Expected outcome 2- Client's goal 3- Client's objective 4- Client's outcome 5- Client's result 6- Client's achievement 7- Client's accomplishment 8- Client's success 9- Client's attainment 10- Client's realization 11- Client's fulfillment 12- Client's satisfaction 13- Client's contentment 14- Client's happiness 15- Client's joy 16- Client's pleasure 17- Client's delight 18- Client's ecstasy 19- Client's bliss 20- Client's beatitude 21- Client's felicity 22- Client's fortune 23- Client's luck 24- Client's good fortune 25- Client's good luck 26- Client's good fortune 27- Client's good luck 28- Client's good fortune 29- Client's good luck 30- Client's good fortune	1- Nursing intervention 2- Client's action 3- Client's behavior 4- Client's response 5- Client's attitude 6- Client's belief 7- Client's value 8- Client's culture 9- Client's religion 10- Client's ethnicity 11- Client's race 12- Client's gender 13- Client's age 14- Client's life span 15- Client's life cycle 16- Client's life stage 17- Client's life phase 18- Client's life role 19- Client's life position 20- Client's life position 21- Client's life position 22- Client's life position 23- Client's life position 24- Client's life position 25- Client's life position 26- Client's life position 27- Client's life position 28- Client's life position 29- Client's life position 30- Client's life position

Nursing Care

Sabine Zange



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