

## Domain 4. Activity/rest

The production, conservation, expenditure, or balance of energy resources

<b>Class 1. Sleep/rest</b> <i>Slumber, repose, ease, relaxation, or inactivity</i>		
<b>Code</b>	<b>Diagnosis</b>	<b>Page</b>
00095	Insomnia	274
00096	Sleep deprivation	276
00165	Readiness for enhanced sleep	278
00198	Disturbed sleep pattern	279

  

<b>Class 2. Activity/exercise</b> <i>Moving parts of the body (mobility), doing work, or performing actions often (but not always) against resistance</i>		
<b>Code</b>	<b>Diagnosis</b>	<b>Page</b>
00298	Decreased activity tolerance	280
00299	Risk for decreased activity tolerance	281
00040	Risk for disuse syndrome	282
00091	Impaired bed mobility	283
00085	Impaired physical mobility	284
00089	Impaired wheelchair mobility	285
00237	Impaired sitting	287
00238	Impaired standing	288
00090	Impaired transfer ability	289
00088	Impaired walking	290

**Class 3. Energy balance**

A dynamic state of harmony between intake and expenditure of resources

Code	Diagnosis	Page
00273	Imbalanced energy field	291
00093	Fatigue	292
00154	Wandering	294

**Class 4. Cardiovascular/pulmonary responses**

Cardiopulmonary mechanisms that support activity/rest

Code	Diagnosis	Page
00032	Ineffective breathing pattern	295
00029	Decreased cardiac output	297
00240	Risk for decreased cardiac output	299
00311	Risk for impaired cardiovascular function	300
00278	Ineffective lymphedema self-management	301
00281	Risk for ineffective lymphedema self-management	303
00033	Impaired spontaneous ventilation	305
00267	Risk for unstable blood pressure	306
00291	Risk for thrombosis	307
00200	Risk for decreased cardiac tissue perfusion	308
00201	Risk for ineffective cerebral tissue perfusion	309
00204	Ineffective peripheral tissue perfusion	310
00228	Risk for ineffective peripheral tissue perfusion	311
00034	Dysfunctional ventilatory weaning response	312
00318	Dysfunctional adult ventilatory weaning response	314

**Class 5. Self-care**

Ability to perform activities to care for one's body and bodily functions

Code	Diagnosis	Page
00108	Bathing self-care deficit	316
00109	Dressing self-care deficit	317
00102	Feeding self-care deficit	318

00110	Toileting self-care deficit	319
00182	Readiness for enhanced self-care	320
00193	Self-neglect	321

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Companion website: [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 4 • Class 1 • Diagnosis Code 00095

## Insomnia

Focus of the diagnosis: insomnia

Approved 2006 • Revised 2017, 2020 • Level of Evidence 3.3

### Definition

Inability to initiate or maintain sleep, which impairs functioning.

### Defining characteristics

- Altered affect
- Altered attention
- Altered mood
- Early awakening
- Expresses dissatisfaction with quality of life
- Expresses dissatisfaction with sleep
- Expresses forgetfulness
- Expresses need for frequent naps during the day
- Impaired health status
- Increased absenteeism
- Increased accidents
- Insufficient physical endurance
- Nonrestorative sleep-wake cycle

### Related factors

- Anxiety
- Average daily physical activity is less than recommended for age and gender
- Caffeine consumption
- Caregiver role strain
- Consumption of sugar-sweetened beverages
- Depressive symptoms
- Discomfort
- Dysfunctional sleep beliefs
- Environmental disturbances
- Fear
- Frequent naps during the day
- Inadequate sleep hygiene
- Lifestyle incongruent with normal circadian rhythms
- Low psychological resilience
- Obesity
- Stressors
- Substance misuse
- Use of interactive electronic devices

### At risk population

- Adolescents
- Economically disadvantaged individuals
- Grieving individuals
- Individuals undergoing changes in marital status
- Night shift workers
- Older adults
- Pregnant women in third trimester
- Rotating shift workers
- Women

**Associated conditions**

- Chronic disease
- Hormonal change
- Pharmaceutical preparations

4. Activity/rest

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Domain 4 • Class 1 • Diagnosis Code 00096

## Sleep deprivation

Focus of the diagnosis: sleep  
Approved 1998 • Revised 2017

### Definition

Prolonged periods of time without sustained natural, periodic suspension of relative consciousness that provides rest.

### Defining characteristics

- Altered attention
- Anxiety
- Apathy
- Combativeness
- Confusion
- Decreased functional ability
- Drowsiness
- Expresses distress
- Fatigue
- Fleeting nystagmus
- Hallucinations
- Heightened sensitivity to pain
- Irritable mood
- Lethargy
- Prolonged reaction time
- Psychomotor agitation
- Transient paranoia
- Tremors

### Related factors

- Age-related sleep stage shifts
- Average daily physical activity is less than recommended for age and gender
- Discomfort
- Environmental disturbances
- Environmental overstimulation
- Late day confusion
- Nonrestorative sleep-wake cycle
- Sleep terror
- Sleep walking
- Sustained circadian asynchrony
- Sustained inadequate sleep hygiene

### At risk population

- Individuals with familial sleep paralysis

### Associated conditions

- Conditions with periodic limb movement
- Idiopathic central nervous system hypersomnolence
- Narcolepsy
- Neurocognitive disorders
- Nightmares

- Sleep apnea
- Sleep-related enuresis
- Sleep-related painful erections
- Treatment regimen

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This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 4 • Class 1 • Diagnosis Code 00165

## Readiness for enhanced sleep

Focus of the diagnosis: sleep

Approved 2002 • Revised 2013 • Level of Evidence 2.1

### Definition

A pattern of natural, periodic suspension of relative consciousness to provide rest and sustain a desired lifestyle, which can be strengthened.

### Defining characteristics

- Expresses desire to enhance sleep-wake cycle

Domain 4 • Class 1 • Diagnosis Code 00198

## Disturbed sleep pattern

Focus of the diagnosis: sleep pattern

Approved 1980 • Revised 1998, 2006 • Level of Evidence 2.1

### Definition

Time-limited awakenings due to external factors.

### Defining characteristics

- Difficulty in daily functioning
- Difficulty initiating sleep
- Difficulty maintaining sleep state
- Expresses dissatisfaction with sleep
- Expresses tiredness
- Nonrestorative sleep-wake cycle
- Unintentional awakening

### Related factors

- Disruption caused by sleep partner
- Environmental disturbances
- Insufficient privacy

### Associated conditions

- Immobilization

Domain 4 • Class 2 • Diagnosis Code 00298

## Decreased activity tolerance

Focus of the diagnosis: activity tolerance

Approved 2020 • Level of Evidence 3.2

### Definition

Insufficient endurance to complete required or desired daily activities.

### Defining characteristics

- Abnormal blood pressure response to activity
- Abnormal heart rate response to activity
- Anxious when activity is required
- Electrocardiogram change
- Exertional discomfort
- Exertional dyspnea
- Expresses fatigue
- Generalized weakness

### Related factors

- Decreased muscle strength
- Depressive symptoms
- Fear of pain
- Imbalance between oxygen supply/demand
- Impaired physical mobility
- Inexperience with an activity
- Insufficient muscle mass
- Malnutrition
- Pain
- Physical deconditioning
- Sedentary lifestyle

### At risk population

- Individuals with history of decreased activity tolerance
- Older adults

### Associated conditions

- Neoplasms
- Neurodegenerative diseases
- Respiration disorders
- Traumatic brain injuries
- Vitamin D deficiency

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Domain 4 • Class 2 • Diagnosis Code 00299

## Risk for decreased activity tolerance

Focus of the diagnosis: activity tolerance

Approved 2020 • Level of Evidence 3.2

### Definition

Susceptible to experiencing insufficient endurance to complete required or desired daily activities.

4. Activity/rest

### Risk factors

- Decreased muscle strength
- Depressive symptoms
- Fear of pain
- Imbalance between oxygen supply/demand
- Impaired physical mobility
- Inexperience with an activity
- Insufficient muscle mass
- Malnutrition
- Pain
- Physical deconditioning
- Sedentary lifestyle

### At risk population

- Individuals with history of decreased activity tolerance
- Older adults

### Associated conditions

- Neoplasms
- Neurodegenerative diseases
- Respiration disorders
- Traumatic brain injuries
- Vitamin D deficiency

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Domain 4 • Class 2 • Diagnosis Code 00040

## Risk for disuse syndrome

Focus of the diagnosis: disuse syndrome

Approved 1988 • Revised 2013, 2017

### Definition

Susceptible to deterioration of body systems as the result of prescribed or unavoidable musculoskeletal inactivity, which may compromise health.

### Risk factors

- Pain

### Associated conditions

- |                                    |                                    |
|------------------------------------|------------------------------------|
| - Decreased level of consciousness | - Paralysis                        |
| - Immobilization                   | - Prescribed movement restrictions |

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 4 • Class 2 • Diagnosis Code 00091

## Impaired bed mobility

Focus of the diagnosis: mobility

Approved 1998 • Revised 2006, 2017, 2020 • Level of Evidence 2.1

### Definition

Limitation in independent movement from one bed position to another.

4. Activity/rest

### Defining characteristics

- Difficulty moving between long sitting and supine positions
- Difficulty moving between prone and supine positions
- Difficulty moving between sitting and supine positions
- Difficulty reaching objects on the bed
- Difficulty repositioning self in bed
- Difficulty returning to the bed
- Difficulty rolling on the bed
- Difficulty sitting on edge of bed
- Difficulty turning from side to side

### Related factors

- Cognitive dysfunction
- Decreased flexibility
- Environmental constraints
- Impaired postural balance
- Inadequate angle of headboard
- Inadequate knowledge of mobility strategies
- Insufficient muscle strength
- Obesity
- Pain
- Physical deconditioning

### At risk population

- Children
- Individuals experiencing prolonged bed rest
- Individuals in the early postoperative period
- Older adults

### Associated conditions

- Artificial respiration
- Critical illness
- Dementia
- Drain tubes
- Musculoskeletal impairment
- Neurodegenerative disorders
- Neuromuscular diseases
- Parkinson's disease
- Pharmaceutical preparations
- Sedation

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Domain 4 • Class 2 • Diagnosis Code 00085

## Impaired physical mobility

Focus of the diagnosis: mobility

Approved 1973 • Revised 1998, 2013, 2017 • Level of Evidence 2.1

### Definition

Limitation in independent, purposeful movement of the body or of one or more extremities.

### Defining characteristics

- Altered gait
- Decreased fine motor skills
- Decreased gross motor skills
- Decreased range of motion
- Difficulty turning
- Engages in substitutions for movement
- Expresses discomfort
- Movement-induced tremor
- Postural instability
- Prolonged reaction time
- Slowed movement
- Spastic movement
- Uncoordinated movement

### Related factors

- Anxiety
- Body mass index > 75th percentile appropriate for age and gender
- Cognitive dysfunction
- Cultural belief regarding acceptable activity
- Decreased activity tolerance
- Decreased muscle control
- Decreased muscle strength
- Disuse
- Inadequate environmental support
- Inadequate knowledge of value of physical activity
- Insufficient muscle mass
- Insufficient physical endurance
- Joint stiffness
- Malnutrition
- Neurobehavioral manifestations
- Pain
- Physical deconditioning
- Reluctance to initiate movement
- Sedentary lifestyle

### Associated conditions

- Altered bone structure integrity
- Contractures
- Depression
- Developmental disabilities
- Impaired metabolism
- Musculoskeletal impairment
- Neuromuscular diseases
- Pharmaceutical preparations
- Prescribed movement restrictions
- Sensory-perceptual impairment

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Domain 4 • Class 2 • Diagnosis Code 00089

## Impaired wheelchair mobility

Focus of the diagnosis: mobility

Approved 1998 • Revised 2006, 2017, 2020 • Level of Evidence 3.4

### Definition

Limitation in independent operation of wheelchair within environment.

4. Activity/rest

### Defining characteristics

- Difficulty bending forward to pick up object from the floor
- Difficulty folding or unfolding wheelchair
- Difficulty leaning forward to reach for something above head
- Difficulty locking brakes on manual wheelchair
- Difficulty maneuvering wheelchair sideways
- Difficulty moving wheelchair out of an elevator
- Difficulty navigating through hinged door
- Difficulty operating battery charger of power wheelchair
- Difficulty operating power wheelchair on a decline
- Difficulty operating power wheelchair on an incline
- Difficulty operating power wheelchair on curbs
- Difficulty operating power wheelchair on even surface
- Difficulty operating power wheelchair on uneven surface
- Difficulty operating wheelchair backwards
- Difficulty operating wheelchair forward
- Difficulty operating wheelchair in corners
- Difficulty operating wheelchair motors
- Difficulty operating wheelchair on a decline
- Difficulty operating wheelchair on an incline
- Difficulty operating wheelchair on curbs
- Difficulty operating wheelchair on even surface
- Difficulty operating wheelchair on stairs
- Difficulty operating wheelchair on uneven surface
- Difficulty operating wheelchair while carrying an object
- Difficulty performing pressure relief
- Difficulty performing stationary wheelie position
- Difficulty putting feet on the footplates of the wheelchair
- Difficulty rolling across side-slope while in wheelchair
- Difficulty selecting drive mode on power wheelchair
- Difficulty selecting speed on power wheelchair
- Difficulty shifting weight
- Difficulty sitting on wheelchair without losing balance
- Difficulty stopping wheelchair before bumping something
- Difficulty transferring from wheelchair

- Difficulty transferring to wheelchair

- Difficulty turning in place while on wheelie position

**Related factors**

- Altered mood
- Cognitive dysfunction
- Environmental constraints
- Inadequate adjustment to wheelchair size
- Inadequate knowledge of wheelchair use
- Insufficient muscle strength

- Insufficient physical endurance
- Neurobehavioral manifestations
- Obesity
- Pain
- Physical deconditioning
- Substance misuse
- Unaddressed inadequate vision

**At risk population**

- Individuals using wheelchair for short time

- Individuals with history of fall from wheelchair
- Older adults

**Associated conditions**

- Musculoskeletal impairment
- Neuromuscular diseases

- Vision disorders

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Domain 4 • Class 2 • Diagnosis Code 00237

## Impaired sitting

Focus of the diagnosis: sitting

Approved 2013 • Revised 2017 • Level of Evidence 2.1

### Definition

Limitation of ability to independently and purposefully attain and/or maintain a rest position that is supported by the buttocks and thighs, in which the torso is upright.

4. Activity/rest

### Defining characteristics

- Difficulty adjusting position of one or both lower limbs on uneven surface
- Difficulty attaining postural balance
- Difficulty flexing or moving both hips
- Difficulty flexing or moving both knees
- Difficulty maintaining postural balance
- Difficulty stressing torso with body weight

### Related factors

- Cognitive dysfunction
- Insufficient energy
- Insufficient muscle strength
- Malnutrition
- Neurobehavioral manifestations
- Pain
- Self-imposed relief posture

### Associated conditions

- Impaired metabolism
- Mental disorders
- Neurological disorder
- Orthopedic surgery
- Prescribed posture
- Sarcopenia

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Domain 4 • Class 2 • Diagnosis Code 00238

## Impaired standing

Focus of the diagnosis: standing

Approved 2013 • Revised 2017 • Level of Evidence 2.1

### Definition

Limitation of ability to independently and purposefully attain and/or maintain the body in an upright position from feet to head.

### Defining characteristics

- Difficulty adjusting position of one or both lower limbs on uneven surface
- Difficulty attaining postural balance
- Difficulty extending one or both hips
- Difficulty extending one or both knees
- Difficulty flexing one or both hips
- Difficulty flexing one or both knees
- Difficulty maintaining postural balance
- Difficulty moving one or both hips
- Difficulty moving one or both knees
- Difficulty stressing torso with body weight

### Related factors

- Excessive emotional disturbance
- Insufficient energy
- Insufficient muscle strength
- Insufficient physical endurance
- Malnutrition
- Obesity
- Pain
- Self-imposed relief posture

### Associated conditions

- Circulatory perfusion disorder
- Impaired metabolism
- Injury to lower extremity
- Neurological disorder
- Prescribed posture
- Sarcopenia
- Surgical procedures

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Domain 4 • Class 2 • Diagnosis Code 00090

## Impaired transfer ability

Focus of the diagnosis: transfer ability

Approved 1998 • Revised 2006, 2017 • Level of Evidence 2.1

### Definition

Limitation of independent movement between two nearby surfaces.

4. Activity/rest

### Defining characteristics

- Difficulty transferring between bed and chair
- Difficulty transferring between bed and standing position
- Difficulty transferring between car and chair
- Difficulty transferring between chair and floor
- Difficulty transferring between chair and standing position
- Difficulty transferring between floor and standing position
- Difficulty transferring between uneven levels
- Difficulty transferring in or out of bath tub
- Difficulty transferring in or out of shower stall
- Difficulty transferring on or off a bedside commode
- Difficulty transferring on or off a toilet

### Related factors

- Cognitive dysfunction
- Environmental constraints
- Impaired postural balance
- Inadequate knowledge of transfer techniques
- Insufficient muscle strength
- Neurobehavioral manifestations
- Obesity
- Pain
- Physical deconditioning

### Associated conditions

- Musculoskeletal impairment
- Neuromuscular diseases
- Vision disorders

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 4 • Class 2 • Diagnosis Code 00088

## Impaired walking

Focus of the diagnosis: walking

Approved 1998 • Revised 2006, 2017 • Level of Evidence 2.1

### Definition

Limitation of independent movement within the environment on foot.

### Defining characteristics

- Difficulty ambulating on decline
- Difficulty ambulating on incline
- Difficulty ambulating on uneven surface
- Difficulty ambulating required distance
- Difficulty climbing stairs
- Difficulty navigating curbs

### Related factors

- Altered mood
- Cognitive dysfunction
- Environmental constraints
- Fear of falling
- Inadequate knowledge of mobility strategies
- Insufficient muscle strength
- Insufficient physical endurance
- Neurobehavioral manifestations
- Obesity
- Pain
- Physical deconditioning

### Associated conditions

- Cerebrovascular Disorders
- Impaired postural balance
- Musculoskeletal impairment
- Neuromuscular diseases
- Vision disorders

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Domain 4 • Class 3 • Diagnosis Code 00273

## Imbalanced energy field

Focus of the diagnosis: balanced energy field

Approved 2016 • Level of Evidence 2.1

### Definition

A disruption in the vital flow of human energy that is normally a continuous whole and is unique, dynamic, creative and nonlinear.

4. Activity/rest

### Defining characteristics

- Arrhythmic energy field patterns
- Blockage of the energy flow
- Congested energy field patterns
- Congestion of the energy flow
- Dissonant rhythms of the energy field patterns
- Energy deficit of the energy flow
- Expression of the need to regain the experience of the whole
- Hyperactivity of the energy flow
- Irregular energy field patterns
- Magnetic pull to an area of the energy field
- Pulsating to pounding frequency of the energy field patterns
- Pulsations sensed in the energy flow
- Random energy field patterns
- Rapid energy field patterns
- Slow energy field patterns
- Strong energy field patterns
- Temperature differentials of cold in the energy flow
- Temperature differentials of heat in the energy flow
- Tingling sensed in the energy flow
- Tumultuous energy field patterns
- Unsynchronized rhythms sensed in the energy flow
- Weak energy field patterns

### Related factors

- Anxiety
- Discomfort
- Excessive stress
- Interventions that disrupt the energetic pattern or flow
- Pain

### At risk population

- Individuals experiencing life transition
- Individuals experiencing personal crisis

### Associated conditions

- Impaired health status
- Injury

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Domain 4 • Class 3 • Diagnosis Code 00093

## Fatigue

Focus of the diagnosis: fatigue

Approved 1988 • Revised 1998, 2017, 2020 • Level of Evidence 3.2

### Definition

An overwhelming sustained sense of exhaustion and decreased capacity for physical and mental work at the usual level.

### Defining characteristics

- Altered attention
- Apathy
- Decreased aerobic capacity
- Decreased gait velocity
- Difficulty maintaining usual physical activity
- Difficulty maintaining usual routines
- Disinterested in surroundings
- Drowsiness
- Expresses altered libido
- Expresses demoralization
- Expresses frustration
- Expresses lack of energy
- Expresses nonrelief through usual energy-recovery strategies
- Expresses tiredness
- Expresses weakness
- Inadequate role performance
- Increased physical symptoms
- Increased rest requirement
- Insufficient physical endurance
- Introspection
- Lethargy
- Tiredness

### Related factors

- Altered sleep-wake cycle
- Anxiety
- Depressive symptoms
- Environmental constraints
- Increased mental exertion
- Increased physical exertion
- Malnutrition
- Nonstimulating lifestyle
- Pain
- Physical deconditioning
- Stressors

### At risk population

- Individuals exposed to negative life event
- Individuals with demanding occupation
- Pregnant women
- Women experiencing labor

### Associated conditions

- Anemia
- Chemotherapy
- Chronic disease
- Chronic inflammation

- Dementia
- Fibromyalgia
- Hypothalamus-pituitary-adrenal axis dysregulation
- Myasthenia gravis
- Neoplasms
- Radiotherapy
- Stroke

Domain 4 • Class 3 • Diagnosis Code 00154

## Wandering

Focus of the diagnosis: wandering

Approved 2000 • Revised 2017

### Definition

Meandering, aimless, or repetitive locomotion that exposes the individual to harm; frequently incongruent with boundaries, limits, or obstacles.

### Defining characteristics

- Eloping behavior
- Frequent movement from place to place
- Fretful locomotion
- Haphazard locomotion
- Hyperactivity
- Locomotion interspersed with nonlocomotion
- Locomotion into unauthorized spaces
- Locomotion resulting in getting lost
- Locomotion that cannot be easily dissuaded
- Long periods of locomotion without an apparent destination
- Pacing
- Periods of locomotion interspersed with periods of nonlocomotion
- Persistent locomotion in search of something
- Scanning behavior
- Searching behavior
- Shadowing a caregiver's locomotion
- Trespassing

### Related factors

- Altered sleep-wake cycle
- Cognitive dysfunction
- Desire to go home
- Environmental overstimulation
- Neurobehavioral manifestations
- Physiological state
- Separation from familiar environment

### At risk population

- Individuals with premorbid behavior

### Associated conditions

- Cortical atrophy
- Psychological disorder
- Sedation

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 4 • Class 4 • Diagnosis Code 00032

## Ineffective breathing pattern

Focus of the diagnosis: breathing pattern

Approved 1980 • Revised 1996, 1998, 2010, 2017, 2020 • Level of Evidence 3.3

### Definition

Inspiration and/or expiration that does not provide adequate ventilation.

4. Activity/rest

### Defining characteristics

- Abdominal paradoxical respiratory pattern
- Altered chest excursion
- Altered tidal volume
- Bradypnea
- Cyanosis
- Decreased expiratory pressure
- Decreased inspiratory pressure
- Decreased minute ventilation
- Decreased vital capacity
- Hypercapnia
- Hyperventilation
- Hypoventilation
- Hypoxemia
- Hypoxia
- Increased anterior-posterior chest diameter
- Nasal flaring
- Orthopnea
- Prolonged expiration phase
- Pursed-lip breathing
- Subcostal retraction
- Tachypnea
- Uses accessory muscles to breathe
- Uses three-point position

### Related factors

- Anxiety
- Body position that inhibits lung expansion
- Fatigue
- Increased physical exertion
- Obesity
- Pain

### At risk population

- Young women

### Associated conditions

- Bony deformity
- Chest wall deformity
- Chronic obstructive pulmonary disease
- Critical illness
- Heart diseases
- Hyperventilation syndrome
- Hypoventilation syndrome
- Increased airway resistance
- Increased serum hydrogen concentration
- Musculoskeletal impairment

- Neurological immaturity
- Neurological impairment
- Neuromuscular diseases
- Reduced pulmonary complacency
- Sleep-apnea syndromes
- Spinal cord injuries

Domain 4 • Class 4 • Diagnosis Code 00029

## Decreased cardiac output

Focus of the diagnosis: cardiac output

Approved 1975 • Revised 1996, 2000, 2017

### Definition

Inadequate volume of blood pumped by the heart to meet the metabolic demands of the body.

### Defining characteristics

#### *Altered Heart Rate/Rhythm*

- Bradycardia
- Electrocardiogram change
- Heart palpitations
- Tachycardia

#### *Altered Preload*

- Decreased central venous pressure
- Decreased pulmonary artery wedge pressure
- Edema
- Fatigue
- Heart murmur
- Increased central venous pressure
- Increased pulmonary artery wedge pressure
- Jugular vein distension
- Weight gain

#### *Altered Afterload*

- Abnormal skin color
- Altered blood pressure
- Clammy skin
- Decreased peripheral pulses
- Decreased pulmonary vascular resistance
- Decreased systemic vascular resistance
- Dyspnea
- Increased pulmonary vascular resistance
- Increased systemic vascular resistance
- Oliguria
- Prolonged capillary refill

#### *Altered Contractility*

- Adventitious breath sounds
- Coughing
- Decreased cardiac index
- Decreased ejection fraction
- Decreased left ventricular stroke work index
- Decreased stroke volume index
- Orthopnea
- Paroxysmal nocturnal dyspnea
- Presence of S3 heart sound
- Presence of S4 heart sound

*Behavioral/Emotional*

- Anxiety
- Psychomotor agitation

**Related factors**

- To be developed

**Associated conditions**

- Altered afterload
- Altered contractility
- Altered heart rate
- Altered heart rhythm
- Altered preload
- Altered stroke volume

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 4 • Class 4 • Diagnosis Code 00240

## Risk for decreased cardiac output

Focus of the diagnosis: cardiac output

Approved 2013 • Revised 2017 • Level of Evidence 2.1

### Definition

Susceptible to inadequate volume of blood pumped by the heart to meet metabolic demands of the body, which may compromise health.

### Risk factors

- To be developed

### Associated conditions

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>- Altered afterload</li><li>- Altered contractility</li><li>- Altered heart rate</li></ul> | <ul style="list-style-type: none"><li>- Altered heart rhythm</li><li>- Altered preload</li><li>- Altered stroke volume</li></ul> |
|--|--|

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition if no modifiable risk factors are developed.

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Domain 4 • Class 4 • Diagnosis Code 00311

## Risk for impaired cardiovascular function

Focus of the diagnosis: cardiovascular function

Approved 2020 • Level of Evidence 3.4

### Definition

Susceptible to disturbance in substance transport, body homeostasis, tissue metabolic residue removal, and organ function, which may compromise health.

### Risk factors

- Anxiety
- Average daily physical activity is less than recommended for age and gender
- Body mass index above normal range for age and gender
- Excessive accumulation of fat for age and gender
- Excessive alcohol intake
- Excessive stress
- Inadequate dietary habits
- Inadequate knowledge of modifiable factors
- Inattentive to second-hand smoke
- Ineffective blood glucose level management
- Ineffective blood pressure management
- Ineffective lipid balance management
- Smoking
- Substance misuse

### At risk population

- Economically disadvantaged individuals
- Individuals with family history of diabetes mellitus
- Individuals with family history of dyslipidemia
- Individuals with family history of hypertension
- Individuals with family history of metabolic syndrome
- Individuals with family history of obesity
- Individuals with history of cardiovascular event
- Men
- Older adults
- Postmenopausal women

### Associated conditions

- Depression
- Diabetes mellitus
- Dyslipidemia
- Hypertension
- Insulin resistance
- Pharmaceutical preparations

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 4 • Class 4 • Diagnosis Code 00278

## Ineffective lymphedema self-management

Focus of the diagnosis: lymphedema self-management

Approved 2020 • Level of Evidence 2.1

### Definition

Unsatisfactory management of symptoms, treatment regimen, physical, psychosocial, and spiritual consequences and lifestyle changes inherent in living with edema related to obstruction or disorders of lymph vessels or nodes.

4. Activity/rest

### Defining characteristics

#### Lymphedema Signs

- Fibrosis in affected limb
- Recurring infections
- Swelling in affected limb

#### Lymphedema Symptoms

- Expresses dissatisfaction with quality of life
- Reports feeling of discomfort in affected limb
- Reports feeling of heaviness in affected limb
- Reports feeling of tightness in affected limb

#### Behaviors

- Average daily physical activity is less than recommended for age and gender
- Inadequate manual lymph drainage
- Inadequate protection of affected area
- Inappropriate application of night-time bandaging
- Inappropriate diet
- Inappropriate skin care
- Inappropriate use of compression garments
- Inattentive to carrying heavy objects
- Inattentive to extreme temperatures
- Inattentive to lymphedema signs
- Inattentive to lymphedema symptoms
- Inattentive to sunlight exposure
- Reduced range of motion of affected limb
- Refuses to apply night-time bandages
- Refuses to use compression garments

#### Related factors

- Cognitive dysfunction
- Competing demands
- Competing lifestyle preferences
- Conflict between health behaviors and social norms
- Decreased perceived quality of life

- Difficulty accessing community resources
- Difficulty managing complex treatment regimen
- Difficulty navigating complex health care systems
- Difficulty with decision-making
- Inadequate commitment to a plan of action
- Inadequate health literacy
- Inadequate knowledge of treatment regimen
- Inadequate number of cues to action
- Inadequate role models
- Inadequate social support
- Limited ability to perform aspects of treatment regimen
- Low self efficacy
- Negative feelings toward treatment regimen
- Neurobehavioral manifestations
- Nonacceptance of condition
- Perceived barrier to treatment regimen
- Perceived social stigma associated with condition
- Unrealistic perception of seriousness of condition
- Unrealistic perception of susceptibility to sequelae
- Unrealistic perception of treatment benefit

**At risk population**

- Adolescents
- Children
- Economically disadvantaged individuals
- Individuals with history of ineffective health self-management
- Individuals with limited decision-making experience
- Individuals with low educational level
- Older adults

**Associated conditions**

- Chemotherapy
- Chronic venous insufficiency
- Developmental disabilities
- Infections
- Invasive procedure
- Major surgery
- Neoplasms
- Obesity
- Radiotherapy
- Removal of lymph nodes
- Trauma

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 4 • Class 4 • Diagnosis Code 00281

## Risk for ineffective lymphedema self-management

Focus of the diagnosis: lymphedema self-management

Approved 2020 • Level of Evidence 2.1

### Definition

Susceptible to unsatisfactory management of symptoms, treatment regimen, physical, psychosocial and spiritual consequences and lifestyle changes inherent in living with edema related to obstruction or disorders of lymph vessels or nodes, which may compromise health.

4. Activity/rest

### Risk factors

- Cognitive dysfunction
- Competing demands
- Competing lifestyle preferences
- Conflict between health behaviors and social norms
- Decreased perceived quality of life
- Difficulty accessing community resources
- Difficulty managing complex treatment regimen
- Difficulty navigating complex health care systems
- Difficulty with decision-making
- Inadequate commitment to a plan of action
- Inadequate health literacy
- Inadequate knowledge of treatment regimen
- Inadequate number of cues to action
- Inadequate role models
- Inadequate social support
- Limited ability to perform aspects of treatment regimen
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- Unrealistic perception of susceptibility to sequelae
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### At risk population

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- Children
- Economically disadvantaged individuals
- Individuals with history of ineffective health self-management
- Individuals with limited decision-making experience
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**Associated conditions**

- Chemotherapy
- Chronic venous insufficiency
- Developmental disabilities
- Infections
- Invasive procedure
- Major surgery
- Neoplasms
- Obesity
- Radiotherapy
- Removal of lymph nodes
- Trauma

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Domain 4 • Class 4 • Diagnosis Code 00033

## Impaired spontaneous ventilation

Focus of the diagnosis: spontaneous ventilation

Approved 1992 • Revised 2017

### Definition

Inability to initiate and/or maintain independent breathing that is adequate to support life.

4. Activity/rest

### Defining characteristics

- Apprehensiveness
- Decreased arterial oxygen saturation
- Decreased cooperation
- Decreased partial pressure of oxygen
- Decreased tidal volume
- Increased accessory muscle use
- Increased heart rate
- Increased metabolic rate
- Increased partial pressure of carbon dioxide ( $\text{PCO}_2$ )
- Psychomotor agitation

### Related factors

- Respiratory muscle fatigue

### Associated conditions

- Impaired metabolism

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 4 • Class 4 • Diagnosis Code 00267

## Risk for unstable blood pressure

Focus of the diagnosis: stable blood pressure

Approved 2016 • Level of Evidence 2.1

### Definition

Susceptible to fluctuating forces of blood flowing through arterial vessels, which may compromise health.

### Risk factors

- Inconsistency with medication regimen
- Orthostasis

### Associated conditions

- Adverse effect of pharmaceutical preparations
- Adverse effects of cocaine
- Cardiac dysrhythmia
- Cushing Syndrome
- Fluid retention
- Fluid shifts
- Hormonal change
- Hyperparathyroidism
- Hyperthyroidism
- Hypothyroidism
- Increased intracranial pressure
- Pharmaceutical preparations
- Rapid absorption and distribution of pharmaceutical preparations
- Sympathetic responses

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 4 • Class 4 • Diagnosis Code 00291

## Risk for thrombosis

Focus of the diagnosis: thrombosis

Approved 2020 • Level of Evidence 2.1

### Definition

Susceptible to obstruction of a blood vessel by a thrombus that can break off and lodge in another vessel, which may compromise health.

### Risk factors

- Atherogenic diet
- Dehydration
- Excessive stress
- Impaired physical mobility
- Inadequate knowledge of modifiable factors
- Ineffective management of preventive measures
- Ineffective medication self-management
- Obesity
- Sedentary lifestyle
- Smoking

### At risk population

- Economically disadvantaged individuals
- Individuals aged ≥ 60 years
- Individuals with family history of thrombotic disease
- Individuals with history of thrombotic disease
- Pregnant women
- Women < 6 weeks postpartum

### Associated conditions

- Atherosclerosis
- Autoimmune diseases
- Blood coagulation disorders
- Chronic inflammation
- Critical illness
- Diabetes mellitus
- Dyslipidemias
- Endovascular procedures
- Heart diseases
- Hematologic diseases
- High acuity illness
- Hormonal therapy
- Hyperhomocysteinemia
- Infections
- Kidney diseases
- Medical devices
- Metabolic syndrome
- Neoplasms
- Surgical procedures
- Trauma
- Vascular diseases

Domain 4 • Class 4 • Diagnosis Code 00200

## Risk for decreased cardiac tissue perfusion

Focus of the diagnosis: tissue perfusion

Approved 2008 • Revised 2013, 2017 • Level of Evidence 2.1

### Definition

Susceptible to a decrease in cardiac (coronary) circulation, which may compromise health.

### Risk factors

- Inadequate knowledge of modifiable factors
- Substance misuse

### At risk population

- Individuals with family history of cardiovascular disease

### Associated conditions

- Cardiac tamponade
- Cardiovascular surgery
- Coronary artery spasm
- Diabetes mellitus
- Elevated C-reactive protein
- Hyperlipidemia
- Hypertension
- Hypovolemia
- Hypoxemia
- Hypoxia
- Pharmaceutical preparations

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Domain 4 • Class 4 • Diagnosis Code 00201

## Risk for ineffective cerebral tissue perfusion

Focus of the diagnosis: tissue perfusion

Approved 2008 • Revised 2013, 2017 • Level of Evidence 2.1

### Definition

Susceptible to a decrease in cerebral tissue circulation, which may compromise health.

4. Activity/rest

### Risk factors

- Substance misuse

### At risk population

- Individuals with history of recent myocardial infarction

### Associated conditions

- Abnormal serum partial thromboplastin time
- Abnormal serum prothrombin time
- Akinetic left ventricular wall segment
- Arterial dissection
- Atherosclerosis
- Atrial fibrillation
- Atrial myxoma
- Brain injuries
- Brain neoplasm
- Carotid stenosis
- Cerebral aneurysm
- Coagulopathy
- Dilated cardiomyopathy
- Disseminated intravascular coagulopathy
- Embolism
- Hypercholesterolemia
- Hypertension
- Infective endocarditis
- Mechanical prosthetic valve
- Mitral stenosis
- Pharmaceutical preparations
- Sick sinus syndrome
- Treatment regimen

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition if no additional risk factors are developed.

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 4 • Class 4 • Diagnosis Code 00204

## Ineffective peripheral tissue perfusion

Focus of the diagnosis: tissue perfusion

Approved 2008 • Revised 2010, 2017 • Level of Evidence 2.1

### Definition

Decrease in blood circulation to the periphery, which may compromise health.

### Defining characteristics

- Absence of peripheral pulses
- Altered motor function
- Altered skin characteristic
- Ankle-brachial index < 0.90
- Capillary refill time > 3 seconds
- Color does not return to lowered limb after 1 minute leg elevation
- Decreased blood pressure in extremities
- Decreased pain-free distances during a 6-minute walk test
- Decreased peripheral pulses
- Delayed peripheral wound healing
- Distance in the 6-minute walk test below normal range
- Edema
- Extremity pain
- Femoral bruit
- Intermittent claudication
- Paresthesia
- Skin color pales with limb elevation

### Related factors

- Excessive sodium intake
- Inadequate knowledge of disease process
- Inadequate knowledge of modifiable factors
- Sedentary lifestyle
- Smoking

### Associated conditions

- Diabetes mellitus
- Endovascular procedures
- Hypertension
- Trauma

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 4 • Class 4 • Diagnosis Code 00228

## Risk for ineffective peripheral tissue perfusion

Focus of the diagnosis: tissue perfusion

Approved 2010 • Revised 2013, 2017 • Level of Evidence 2.1

### Definition

Susceptible to a decrease in blood circulation to the periphery, which may compromise health.

### Risk factors

- Excessive sodium intake
- Inadequate knowledge of disease process
- Inadequate knowledge of modifiable factors
- Sedentary lifestyle
- Smoking

### Associated conditions

- Diabetes mellitus
- Endovascular procedures
- Hypertension
- Trauma

Domain 4 • Class 4 • Diagnosis Code 00034

## Dysfunctional ventilatory weaning response

Focus of the diagnosis: ventilatory weaning response

Approved 1992 • Revised 2017

### Definition

Inability to adjust to lowered levels of mechanical ventilator support that interrupts and prolongs the weaning process.

### Defining characteristics

#### Mild

- Breathing discomfort
- Expresses feeling warm
- Fatigue
- Fear of machine malfunction
- Increased focus on breathing
- Mildly increased respiratory rate over baseline
- Perceived need for increased oxygen
- Psychomotor agitation

#### Moderate

- Abnormal skin color
- Apprehensiveness
- Blood pressure increased from baseline (< 20 mmHg)
- Decreased air entry on auscultation
- Diaphoresis
- Difficulty cooperating
- Difficulty responding to coaching
- Facial expression of fear
- Heart rate increased from baseline (< 20 beats/min)
- Hyperfocused on activities
- Minimal use of respiratory accessory muscles
- Moderately increased respiratory rate over baseline

#### Severe

- Adventitious breath sounds
- Asynchronized breathing with the ventilator
- Blood pressure increased from baseline ( $\geq$  20 mmHg)
- Deterioration in arterial blood gases from baseline
- Gasping breaths
- Heart rate increased from baseline ( $\geq$  20 beats/min)
- Paradoxical abdominal breathing
- Profuse diaphoresis
- Shallow breathing
- Significantly increased respiratory rate above baseline
- Uses significant respiratory accessory muscles

**Related factors***Physiological Factors*

- Altered sleep-wake cycle
- Ineffective airway clearance

- Malnutrition
- Pain

*Psychological*

- Anxiety
- Decreased motivation
- Fear
- Hopelessness
- Inadequate knowledge of weaning process

- Inadequate trust in health care professional
- Low self-esteem
- Powerlessness
- Uncertainty about ability to wean

*Situational*

- Environmental disturbances
- Inappropriate pace of weaning process

- Uncontrolled episodic energy demands

**At risk population**

- Individuals with history of unsuccessful weaning attempt
- Individuals with history of ventilator dependence > 4 days

**Associated conditions**

- Decreased level of consciousness

This diagnosis was originally developed for neonates. This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work on neonates and/or children is completed to bring it up to a level of evidence 2.1 or higher.

Domain 4 • Class 4 • Diagnosis Code 00318

## Dysfunctional adult ventilatory weaning response

Focus of the diagnosis: ventilatory weaning response

Approved 2020 • Level of Evidence 3.2

### Definition

Inability of individuals > 18 years of age, who have required mechanical ventilation at least 24 hours, to successfully transition to spontaneous ventilation.

### Defining characteristics

#### *Early Response (< 30 minutes)*

- Adventitious breath sounds
- Audible airway secretions
- Decreased blood pressure (< 90 mmHg or > 20% reduction from baseline)
- Decreased heart rate (> 20% reduction from baseline)
- Decreased oxygen saturation (< 90% when fraction of inspired oxygen ratio > 40%)
- Expresses apprehensiveness
- Expresses distress
- Expresses fear of machine malfunction
- Expresses feeling warm
- Hyperfocused on activities
- Increased blood pressure (systolic pressure > 180 mmHg or > 20% from baseline)
- Increased in heart rate (> 140 bpm or > 20% from baseline)
- Increased respiratory rate (> 35rpm or > 50% over baseline)
- Nasal flaring
- Panting
- Paradoxical abdominal breathing
- Perceived need for increased oxygen
- Psychomotor agitation
- Shallow breathing
- Uses significant respiratory accessory muscles
- Wide-eyed appearance

#### *Intermediate Response (30-90 minutes)*

- Decreased pH (< 7.32 or > 0.07 reduction from baseline)
- Diaphoresis
- Difficulty cooperating with instructions
- Hypercapnia (> 50 mmHg increase in partial pressure of carbon dioxide or > 8 mmHg increase from baseline)
- Hypoxemia (Partial pressure of oxygen 50% or oxygen > 6 L/min)

#### *Late Response (> 90 minutes)*

- Cardiorespiratory arrest
- Cyanosis
- Fatigue
- Recent onset arrhythmias

**Related factors**

- Altered sleep-wake cycle
- Excessive airway secretions
- Ineffective cough
- Malnutrition

**At risk population**

- Individuals with history of failed weaning attempt
- Individuals with history of lung diseases
- Individuals with history of prolonged dependence on ventilator
- Individuals with history of unplanned extubation
- Individuals with unfavorable pre-extubation indexes
- Older adults

**Associated conditions**

- Acid-base imbalance
- Anemia
- Cardiogenic shock
- Decreased level of consciousness
- Diaphragm dysfunction acquired in the intensive care unit
- Endocrine system diseases
- Heart diseases
- High acuity illness
- Hyperthermia
- Hypoxemia
- Infections
- Neuromuscular diseases
- Pharmaceutical preparations
- Water-electrolyte imbalance

Domain 4 • Class 5 • Diagnosis Code 00108

## Bathing self-care deficit

Focus of the diagnosis: bathing self-care

Approved 1980 • Revised 1998, 2008, 2017 • Level of Evidence 2.1

### Definition

Inability to independently complete cleansing activities.

### Defining characteristics

- Difficulty accessing bathroom
- Difficulty accessing water
- Difficulty drying body
- Difficulty gathering bathing supplies
- Difficulty regulating bath water
- Difficulty washing body

### Related factors

- Anxiety
- Cognitive dysfunction
- Decreased motivation
- Environmental constraints
- Impaired physical mobility
- Neurobehavioral manifestations
- Pain
- Weakness

### At risk population

- Older adults

### Associated conditions

- Impaired ability to perceive body part
- Impaired ability to perceive spatial relationships
- Musculoskeletal diseases
- Neuromuscular diseases

Domain 4 • Class 5 • Diagnosis Code 00109

## Dressing self-care deficit

Focus of the diagnosis: dressing self-care

Approved 1980 • Revised 1998, 2008, 2017 • Level of Evidence 2.1

### Definition

Inability to independently put on or remove clothing.

4. Activity/rest

### Defining characteristics

- Difficulty choosing clothing
- Difficulty fastening clothing
- Difficulty gathering clothing
- Difficulty maintaining appearance
- Difficulty picking up clothing
- Difficulty putting clothing on lower body
- Difficulty putting clothing on upper body
- Difficulty putting on various items of clothing
- Difficulty removing clothing item
- Difficulty using assistive device
- Difficulty using zipper

### Related factors

- Anxiety
- Cognitive dysfunction
- Decreased motivation
- Discomfort
- Environmental constraints
- Fatigue
- Neurobehavioral manifestations
- Pain
- Weakness

### Associated conditions

- Musculoskeletal impairment
- Neuromuscular diseases

Domain 4 • Class 5 • Diagnosis Code 00102

## Feeding self-care deficit

Focus of the diagnosis: feeding self-care

Approved 1980 • Revised 1998, 2008, 2017 • Level of Evidence 2.1

### Definition

Inability to eat independently.

### Defining characteristics

- Difficulty bringing food to mouth
- Difficulty chewing food
- Difficulty getting food onto utensil
- Difficulty handling utensils
- Difficulty manipulating food in mouth
- Difficulty opening containers
- Difficulty picking up cup
- Difficulty preparing food
- Difficulty self-feeding a complete meal
- Difficulty self-feeding in an acceptable manner
- Difficulty swallowing food
- Difficulty swallowing sufficient amount of food
- Difficulty using assistive device

### Related factors

- Anxiety
- Cognitive dysfunction
- Decreased motivation
- Discomfort
- Environmental constraints
- Fatigue
- Neurobehavioral manifestations
- Pain
- Weakness

### Associated conditions

- Musculoskeletal impairment
- Neuromuscular diseases

Domain 4 • Class 5 • Diagnosis Code 00110

## Toileting self-care deficit

Focus of the diagnosis: toileting self-care

Approved 1980 • Revised 1998, 2008, 2017 • Level of Evidence 2.1

### Definition

Inability to independently perform tasks associated with bowel and bladder elimination.

4. Activity/rest

### Defining characteristics

- Difficulty completing toilet hygiene
- Difficulty flushing toilet
- Difficulty manipulating clothing for toileting
- Difficulty reaching toilet
- Difficulty rising from toilet
- Difficulty sitting on toilet

### Related factors

- Anxiety
- Cognitive dysfunction
- Decreased motivation
- Environmental constraints
- Fatigue
- Impaired physical mobility
- Impaired transfer ability
- Neurobehavioral manifestations
- Pain
- Weakness

### Associated conditions

- Musculoskeletal impairment
- Neuromuscular diseases

Domain 4 • Class 5 • Diagnosis Code 00182

## Readiness for enhanced self-care

Focus of the diagnosis: self-care

Approved 2006 • Revised 2013 • Level of Evidence 2.1

### Definition

A pattern of performing activities for oneself to meet health-related goals, which can be strengthened.

4. Activity/rest

### Defining characteristics

- Expresses desire to enhance independence with health
- Expresses desire to enhance independence with life
- Expresses desire to enhance independence with personal development
- Expresses desire to enhance independence with well-being
- Expresses desire to enhance knowledge of self-care strategies
- Expresses desire to enhance self-care

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 4 • Class 5 • Diagnosis Code 00193

## Self-neglect

Focus of the diagnosis: self-neglect

Approved 2008 • Revised 2017 • Level of Evidence 2.1

### Definition

A constellation of culturally framed behaviors involving one or more self-care activities in which there is a failure to maintain a socially accepted standard of health and well-being (Gibbons, Lauder & Ludwick, 2006).

4. Activity/rest

### Defining characteristics

- Inadequate environmental hygiene
- Inadequate personal hygiene
- Nonadherence to health activity

### Related factors

- Cognitive dysfunction
- Fear of institutionalization
- Impaired executive function
- Inability to maintain control
- Lifestyle choice
- Neurobehavioral manifestations
- Stressors
- Substance misuse

### Associated conditions

- Capgras syndrome
- Frontal lobe dysfunction
- Functional impairment
- Learning disability
- Malingering
- Mental disorders
- Psychotic disorders

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).