CARE PLAN for SANDEEP Shah

AGE: 50YRS

Medical diagnosis: congenital neurological condition/diabetes/chronic respiratory condition

CAREGIVER SIGNATURE:--------------------------------------------------------------

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| ASSESSMENT | Desired OUTCOME | INTERVENTION |
| Impaired Physical Mobility due to Neuromuscular impairment | Maintain position of function as evidenced by absence of (contractures stiff muscles), foot drop. | * Perform full ROM exercises on all extremities and joints, using slow, smooth movements. Hyperextend hips periodically. ***Enhances blood circulation and prevents muscle stiffness (disuse contractures) and muscle atrophy.*** * Position arms at 90-degree angle at regular intervals. ***Prevents frozen shoulder contractures.*** * Maintain ankles at 90 degrees with footboard, Place trochanter rolls along thighs when in bed. ***Prevents foot drop and external rotation of hips.*** * Elevate lower extremities at intervals when in chair or raise foot of bed. Assess for edema of feet and ankles. ***Loss of muscle tone results in pooling of*** [***blood***](https://nurseslabs.com/blood-anatomy-physiology/) ***in the abdomen and lower limbs, with increased risk of clot formation.*** * Inspect skin daily. Observe for pressure areas and provide skin care. **Altered circulation, loss of sensation, and paralysis potentiate pressure sore formation. This is a lifelong consideration.** |
| **Risk for Unstable Blood Glucose**  Due to Insulin deficiency | Patient has a blood glucose reading within the doctor’s targets | * Assess for signs of hyperglycaemia (high blood glucose). ***increased thirst, hunger, and increased urination*** * Monitor for signs of hypoglycemia. **Dizziness,** **headache,** [**fatigue**](https://nurseslabs.com/compassion-fatigue-nurses-tire-caring/)**, and visual changes.** * Assess blood glucose level before meals and at bedtime. * Assess for [anxiety](https://nurseslabs.com/anxiety/), tremors, and slurring of speech. These are signs of **low blood glucose, *notify the doctor. Manage hypoglycemia with form of dextrose eg sugar.*** |
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| [***Self-Care Deficit***](https://nurseslabs.com/self-care-deficit/)***:*** Impaired ability to perform or complete bathing/hygiene, dressing/grooming, feeding, or toileting activities for oneself. | * Patient will perform self-care activities within the level of own ability. | * Encourage patient to perform self-care to the maximum of ability as defined by the patient. Do not rush the patient. ***Promotes independence and sense of control; may decrease feelings of helplessness.*** * Assist according to the degree of disability; allow as much autonomy as possible. ***Participation in own care can ease the frustration over the loss of independence.*** * Note presence of fatigue. ***Fatigue experienced by patients with MS can be very debilitating and greatly impact the ability to participate in ADLs.*** * Encourage patient input in the planning schedule. ***Patient’s quality of life is enhanced when desires and likes are considered in daily activities.*** * Anticipate hygienic needs and calmly assist as necessary with the care of nails, skin, and [hair](https://nurseslabs.com/integumentary-system/); [mouth](https://nurseslabs.com/digestive-system/) care; . * Provide assistive devices and aids as indicated: shower chair, elevated toilet seat with arm supports. ***Reduces fatigue, enhancing participation in self-care.*** * Reposition frequently when the patient is immobile (bed or chair bound). Provide skin care to pressure points, such as sacrum, ankles, and elbows. Position properly and encourage to sleep [prone](https://nurseslabs.com/patient-positioning/) as tolerated. ***Reduces pressure on susceptible areas, prevents skin breakdown. Minimizes flexor spasms at knees and hips.*** |
| [Risk for Falls](https://nurseslabs.com/risk-for-falls/) | Patient is free from falls | * Assist with transfer techniques and use of mobility aids |
| Risk for pressure sores | -Intact skin | * Assess the skin integrity on the bony prominences/pressure point areas which are prone to pressure ulcers. * Relieve pressure from weight bearing body parts such as the lower back * Massage and moisturize skin * Family to buy a ripple mattress * Cleanse perineal area and keep dry. |
| Others | Improve patient is general well being | **Take care of all patient’s needs:**   * Managing medication-e.g. Assist patient to take medicine, record and report any side effects for the new drugs, weekly drug stock taking * Monitor sleep pattern * Monitor restlessness * Monitor Any unusual behavior * Monitor toileting e.g. sudden increase in urination, hard stool, loose motions |