


Care Plan

1) Nursing problem / need	
<i>Wade Wilson is experiencing pain as evidenced by pain score of 7/10.</i>	
Aim(s) of care:	
<i>Wade Wilson's pain will be reduced to a level that is tolerable for him.</i>	
Re-evaluation date:	
<i>Today, xx/xx/xxxx, every 4 hours and/or as clinical condition changes</i>	
Care provided by nurse(s)	Patient self-care activities
<i>Explain and discuss all aspects of care to Wade and gain consent.</i>	<i>Wade gives consent and actively participates in his plan of care.</i>
<i>Monitor Wade's physiological observations every 4 hours and escalate concerns as per NEWS2 policy.</i>	<i>Wade uses the scale of 0-10 to rate the severity of the pain he is experiencing.</i>
<i>Assess the severity of the pain using a scale of 0-10, where 0 is no pain and 10 is the worst, when Wade complains of pain.</i>	<i>Wade discusses with the nursing team the severity of the pain, the site, quality, aggravating factors, and alleviating factors.</i>
<i>Note the site of the pain, quality, aggravating factors, and alleviating factors.</i>	<i>Wade can relieve his pain by deep breathing exercises and repositioning.</i>
<i>Teach Wade deep breathing exercises and repositioning to help relieve the pain.</i>	<i>Wade is aware of the side effects of the analgesia and can raise any concerns to the nursing staff regarding it.</i>
<i>Administer prescribed analgesia and monitor its effectiveness and side effects after 30 minutes.</i>	<i>Wade understands the use of the call bell and can use it if he requires assistance.</i>
<i>Refer Wade to the pain management team if pain is not managed.</i>	
<i>Educate Wade on the use of the call bell and ensure it is always placed within his reach.</i>	
<i>Document all care and interventions provided.</i>	
NAME (Print): Lydia Gilbert	
Nurse Signature: 	Date: 28/08/2020