

Arthroscopy

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Deficient knowledge: Preoperative Related factors: Unfamiliarity with disease and treatment Symptoms / Risk factors: Increase in anxiety level Multiple questions Verbalized lack of knowledge Outcome / Goal: Patient verbalize understanding of procedure</p>		<p>Teaching: Procedure/Treatment Assess knowledge of arthroscopy procedure Describe the preprocedure/pretreatment activities Explain all procedure as appropriate Introduce the patient to the staff who will be involved in the procedure/treatme</p>	
	<p>Acute pain Related factors: Result form arthroscopy procedure Symptoms / Risk factors: Facial mask Verbal or coded report Outcome / Goal: Patient appears relaxed and comfortable Patient verbalizes relief of pain</p>		<p>Pain Management Optimize the patient's comfort in bed Instruct patient to relax and rest Administer medication as prescribet Obs. pain (effectivnes of medication)</p>	
	<p>Risk for infection Related factors: Surgical wound Symptoms / Risk factors: Temp > 37.5 Outcome / Goal: Risk for infection reduced through treatment Norma body temperature Surgical wound clean</p>		<p>Infection Protection Monitor temperature Monitor surgical wound for color, edema and abcess</p>	
	<p>Impaired physical mobility Related factors: Discomfort, pain Joint stiffness or contractures Reluctance to initiate movement Symptoms / Risk factors: Limited range of motion Verbal or coded report of pain Outcome / Goal: Ability to maintain ADL</p>		<p>Teaching: Prescribed Activity/Exercise Encourage activity as tolerated, rest as needed Encourage patient to perform range of motion to all joints daily Encourge the family to supervise and assist with ambulation as needed Pain Management Administer medication as prescribet Obs. pain (effectivnes of medication)</p>	
	<p>Deficient knowledge: Postoperative Related factors: Lack of previous experience with arthroscopy procedure Symptoms / Risk factors: Questions Verbalized misconceptions Outcome / Goal: Patient verbalizes understanding of need for follow-up care</p>		<p>Discharge Planning Ascertain that patient has follow-up care arranged at discharge Discuss with physician the discharge plan and obtain orders if needed Wound Care Teach the patient / caregiver about wound care using aseptic technique</p>	