

Asthma

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p><b>Ineffective breathing pattern</b>  <b>Related factors:</b>                      Spasm and swelling of the bronchial tubes  <b>Symptoms / Risk factors:</b>                      Dyspnea                      Use of accessory muscles to breathe                      Cough                      Nasal flaring                      Tachypnea  <b>Outcome / Goal:</b>                      Normal breathing pattern_____</p>		<p><b>Respiratory Monitoring</b>                      Monitor rate, rhythm, depth, and effort of respirations                      Monitor for increased restlessness, anxiety, and air hunger                      Monitor changes in O2 saturation                      Monitor relationship of inspiration to expiration  <b>Vital Signs Monitoring</b>                      Monitor blood pressure, pulse, temperature, and respiratory status, as appropri  <b>Medication Administration</b>                      Assist patient in taking medication                      Monitor patient for the therapeutic effect of the medication</p>	
	<p><b>Ineffective airway clearance</b>  <b>Related factors:</b>                      Airway spasm                      Secretions in the bronchi  <b>Symptoms / Risk factors:</b>                      Changes in respiratory rate and rhythm                      Restlessness                      Dyspnea  <b>Outcome / Goal:</b>                      Improved breathsounds                      O2 &gt; 90%</p>		<p><b>Airway Management</b>                      Position the client to optimize respiration (head of bed elevated 45 degrees)                      Perform chest physical therapy, as appropriate                      Teach patient how to use prescribed inhalers, as appropriate  <b>Cough Enhancement</b>                      Instruct how to cough effectively  <b>Ventilation Assistance</b>                      Administer medications that promote airway patency and gas exchange                      Teach breathing techniques, as appropriate</p>	
	<p><b>Anxiety</b>  <b>Related factors:</b>                      Stress                      Health status  <b>Symptoms / Risk factors:</b>                      Anxious                      Irritability  <b>Outcome / Goal:</b>                      Will experience a reduction in anxiety</p>		<p><b>Anxiety reduction</b>                      Assess reasons for anxiety                      Explain all procedure as appropriate  <b>Calming Technique</b>                      Maintain calm, deliberate manner                      Reassure patient of personal safety or security</p>	
	<p><b>Deficient knowledge</b>  <b>Related factors:</b>                      Chronicity of disease  <b>Symptoms / Risk factors:</b>                      Increase in anxiety level                      Inaccurate follow through of instruction  <b>Outcome / Goal:</b>                      Patient verbalize understanding of disease</p>		<p><b>Teaching: Disease Process</b>                      Acknowledge patient's knowledge about condition                      Discuss therapy/treatment options</p>	