

Carpal tunnel syndrome

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p><b>Acute pain</b>  <b>Related factors:</b>                      Pressure on median nerve  <b>Symptoms / Risk factors:</b>                      Reluctance to use affected extremity                      Verbal or coded report                      Guarding behavior  <b>Outcome / Goal:</b>                      Patient verbalizes relief of pain</p>		<p><b>Pain Management</b>                      Asses cause of pain: location, character and duration                      Investigate changes in characteristics of pain.                      Review factors that aggravate or alleviate pain.                      Administer medication as prescribet                      Obs. pain (effectivnes of medication)</p>	
	<p><b>Impaired physical mobility</b>  <b>Related factors:</b>                      Discomfort, pain                      Neuromuscular impairment  <b>Symptoms / Risk factors:</b>                      Decreased muscle strength and control                      Reluctance to attempt movement                      Limited range of motion  <b>Outcome / Goal:</b>                      Patient maintains optimal mobility within limitations</p>		<p><b>Teaching: Prescribed Activity/Exercise</b>                      Encourage activity as tolerated, rest as needed                      Assist patient in performing self-care activities                      Implement activy program with patient and personel(therapist                      Encourage participation in ADLs within individual limitadions                      Offer pain killing medication before exercise /activity/ambulation if needed                      Do "Carpal Tunnel Syndrome Exercises" :                      Extend and stretch both wrists and fingers acutely (as hand-stand ). Count for                      Straighten both wrists and relax fingers. Make a tight fist with both hands.                      Then bend both wrists down while keeping the fist. Hold for a count of 5.                      Straighten both wrists and relax fingers, for a count of 5.                      Then let your arms hang loosely at the side and shake them for a few seconds</p>	
	<p><b>Risk for peripheral neurovascular dysfuncti</b>  <b>Related factors:</b>                      Mechanical compression                      Immobilization  <b>Symptoms / Risk factors:</b>                      Neuropathia  <b>Outcome / Goal:</b>                      Patient will not exhibit symptoms of neurovascular compromis</p>		<p><b>Peripheral Sensation Management</b>                      Monitor and record if following occur:                      Change in sensation, Change in movement ability                      Increasing pain or pain not controlled by medication                      Pale,mottled, or cyanotic skin                      Slowed capillary refill more than 3 seconds</p>	
	<p><b>Deficient knowledge</b>  <b>Related factors:</b>                      Lack of exposure                      New Diagnosis  <b>Symptoms / Risk factors:</b>                      Inaccurate follow through of instruction                      Increase in anxiety level                      Multiple questions  <b>Outcome / Goal:</b>                      Identify and use available resources appropriately</p>		<p><b>Teaching: Individual</b>                      Acknowledge patient's knowledge about condition</p>	