

Cystic fibrosis

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p><b>Ineffective airway clearance</b></p> <p><b>Related factors:</b> Cystic fibrosis Excessive production of thick mucus Decreased ciliary action</p> <p><b>Symptoms / Risk factors:</b> Abnormal breath sounds Cyanosis Cough, ineffective or absent Wheezing</p> <p><b>Outcome / Goal:</b> Decreased mucus production Improved breathsounds Improved coughing techniques</p>		<p><b>Airway Management</b> Elevate head of bed 30 to 45 degrees Encourage effective coughing and deep breathing Monitor respiratory rate and depth; obs. changes in O2 saturation; adminisert O2 as ordered Perform chest physical therapy, as appropriate Note amount, color, and consistency of secretions</p> <p><b>Medication Administration</b> Administer medication as prescribed Assist patient in taking medication Medication: Epinephrine, Antihistamin and Steroids (if not already done) Monitor patient for the therapeutic effect of the medication Teach patient how to use prescribed inhalers, as appropriate</p>	
	<p><b>Risk for infection</b></p> <p><b>Related factors:</b> Cystic fibrosis Lung obstruction and secretions Stasis of respiratory secretions Development of atelectasis</p> <p><b>Symptoms / Risk factors:</b> Body temp. higer than _____ Chronic disease</p> <p><b>Outcome / Goal:</b> Norma body temperature Risk for infection reduced through treatment</p>		<p><b>Infection Protection</b> Monitor client's vital signs and signs ____ Administer antibiotics as ordered Encourage frequent position changes Follow precautions for airborne-, droplet-, and contact-transmission Implement appropriate isolation techniques as indicated</p>	
	<p><b>Imbalanced nutrition: Insufficient</b></p> <p><b>Related factors:</b> Impaired digestive process Impaired absorption of nutrients</p> <p><b>Symptoms / Risk factors:</b> Failure to gain weight Muscle wasting Retarded physical growth</p> <p><b>Outcome / Goal:</b> Patient will maintain balanced intake and output Experience no signs of malnutrition.</p>		<p><b>Nutrition Management</b> Assess overall nutritional status and history Consider supplement with formula if necessary Consult a dieltitian Monitor intake / output ____ Monitor weight ____ weekly, Encourage patient/family to keep weight /diet log Observe color, consistency, and amount of stools Suggest 4 to 5 small meals per day and plenty of fluid intake &gt; ____ml</p>	
	<p><b>Deficient knowledge</b></p> <p><b>Related factors:</b> Chronicity of disease Cognitive limitation Unfamiliarity with disease and treatment Lack of interest in learning</p> <p><b>Symptoms / Risk factors:</b> Inaccurate follow through of instruction Multiple questions Statement of misconception</p> <p><b>Outcome / Goal:</b> Identify and use available resources appropriately Parents verbalize understanding of disease and procedure</p>		<p><b>Teaching: Disease Process</b> Assess knowledge of the disease and treatment Discuss symptoms and interventions Discuss therapy/treatment options Emphasize need for long-term follow up and periodic reevaluation. Explain common diagnostic tests Identify possible etiologies, as appropriate Provide clear, accurate information in a factual but in sensitive manner Review common problems and appropriate actions. Stress importance of well-balanced diet and adequate fluid intake.</p>	

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	<p><b>Compromised family coping</b></p> <p><b>Related factors:</b>                      Chronic nature of disease                      Disability                      Inadequate/incorrect information or understanding</p> <p><b>Symptoms / Risk factors:</b>                      Significant person displays protective behavior disproportionate                      Intolerance, abandonment                      Distortion of reality regarding illness of child</p> <p><b>Outcome / Goal:</b>                      Parents will develop methods to cope with present situation                      Express more realistic understanding and expectations</p>		<p><b>Coping Enhancement</b></p> <p>Note length and severity of illness</p> <p>Determine client's role in family and how illness has changed the family organization</p> <p>Determine the understanding of disease process and expectations for the future</p> <p>Assess current functional capacity (coping, defense mechanisms)</p> <p>Assist the parent's to clarify misconceptions</p> <p>Determine outside stressors, such as family, relationships, and social</p> <p>Encourage parent's / family involvement, as appropriate</p> <p>Provide opportunity for client to discuss how illness has affected relationships</p> <p>Identify community resources, such as local CF organization, support groups</p> <p>Refer to social worker, financial adviser, psychiatric clinical nurse specialist</p>	