### Ineffective airway clearance

**Related factors:**
- Cystic fibrosis
- Excessive production of thick mucus
- Decreased ciliary action

**Symptoms / Risk factors:**
- Abnormal breath sounds
- Cyanosis
- Cough, ineffective or absent
- Wheezing

**Outcome / Goal:**
- Decreased mucus production
- Improved breath sounds
- Improved coughing technique

**Nursing Intervention/s and tasks:**
- Airway Management
  - Elevate head of bed 30 to 45 degrees
  - Encourage effective coughing and deep breathing
  - Monitor respiratory rate and depth;
  - Observe changes in O2 saturation; administer O2 as ordered
  - Perform chest physical therapy, as appropriate
  - Note amount, color, and consistency of secretions

- Medication Administration
  - 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

### Risk for infection

**Related factors:**
- Cystic fibrosis
- Lung obstruction and secretions
- Stasis of respiratory secretions
- Development of atelectasis

**Symptoms / Risk factors:**
- Body temp. higher than ________
- Chronic disease

**Outcome / Goal:**
- Normal body temperature
- Risk for infection reduced through treatment

**Nursing Intervention/s and tasks:**
- Infection Protection
  - 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

### Imbalanced nutrition: Insufficient

**Related factors:**
- Impaired digestive process
- Impaired absorption of nutrients

**Symptoms / Risk factors:**
- Failure to gain weight
- Muscle wasting
- Retarded physical growth

**Outcome / Goal:**
- Patient will maintain balanced intake and output
- Experience no signs of malnutrition.

**Nursing Intervention/s and tasks:**
- Nutrition Management
  - Assess overall nutritional status and history
  - Consider supplement with formula if necessary
  - Consult a dietitian
  - 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 > ______ml

### Deficient knowledge

**Related factors:**
- Chronicity of disease
- Cognitive limitation
- Unfamiliarity with disease and treatment
- Lack of interest in learning

**Symptoms / Risk factors:**
- Inaccurate follow through of instruction
- Multiple questions
- Statement of misconception

**Outcome / Goal:**
- Identify and use available resources appropriately
- Parents verbalize understanding of disease and procedure

**Nursing Intervention/s and tasks:**
- Teaching: Disease Process
  - 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.

(Plan continues on the next page)
### Cystic fibrosis

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