

Mastectomy

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 Outcome / Goal: Patient verbalize understanding of disease and procedure</p>		<p>Teaching: Disease Process Assess knowledge of the disease and treatment Discuss therapy/treatment options Identify possible etiologies, as appropriate Teaching: Preoperative Describe diagnostic procedures Describe any preoperative medications, the effects these will have on the patient Describe the preoperative routines Determine the patient's expectations of the surgery Provide time for the patient to ask questions and discuss concerns</p>	
	<p>Acute pain Related factors: Result from surgery Symptoms / Risk factors: Verbal or coded report Facial mask Sleep disturbance (eyes lack luster, beaten look, Outcome / Goal: Patient appears relaxed and comfortable</p>		<p>Pain Management Keep arm elevated on pillows while the patient in bed Administer medication as prescribed Obs. pain (effectiveness of medication) Circulatory Precautions Avoid injury to affected area Check wound dressing and output from drain Refrain from taking blood pressure in affected extremity Maintain adequate hydration to prevent increased blood viscosity</p>	
	<p>Risk for situational low self-esteem Related factors: Loss of breast Diagnosis of cancer Symptoms / Risk factors: Disturbed body image Outcome / Goal: Patient adjusts to change in body image</p>		<p>Body Image Enhancement Assist patient to discuss changes caused by surgery, as appropriate Assist patient to identify actions that will enhance appearance Facilitate contact with individuals with similar changes in body image Identify support groups available to patient Monitor whether patient can look at the changed body part</p>	
	<p>Fear Related factors: Diagnosis of cancer Uncertain prognosis Symptoms / Risk factors: Being scared Outcome / Goal: Demonstrates reduced levels of anxiety</p>		<p>Anxiety reduction Explain all procedure as appropriate Inform patient about his stay in the post op care unit Spend time talking with patient. Allow to express feelings</p>	
	<p>Deficient knowledge: Postoperative Related factors: Lack of previous experience with prostate surgery Symptoms / Risk factors: Questions Verbalized misconceptions Outcome / Goal: Patient verbalizes understanding of need for follow-up care</p>		<p>Wound Care Teach the patient / caregiver about wound care using aseptic technique</p>	