

Activity Intolerance Nursing Care Plan

Patient Information

Name:

Age:

Medical Diagnosis:

Assessment

- **Baseline Activity Level:**
- **Underlying Causes:**

Nursing Diagnosis

- **Impaired Physical Mobility related to:**

Goals and Expected Outcomes

- **Short-Term Goal (1 week):**
- **Long-Term Goal (4 weeks):**

Interventions

- **Therapeutic Exercises:**
- **Mobility Assistance:**
- **Pain Management:**
- **Patient Education:**

Evaluation

- **Assessment of Progress:**

- **Goal Attainment:**

Patient Education

- **Self-Management Strategies:**

- **Signs of Deterioration:**

Documentation

- **Regular Charting:**

Review and Collaboration

- **Team Review:**

- **Collaboration:**