Asthma Nursing Care Plan

Patient information	
Name: Gael Hoffman	**Age:**
Gender: MALE	**Date of admission:** October 14, 2024
Allergies:	**Primary care physician:**
Dust mites, pollen	Dr. Sarah Mitchell
Medical history	
History of asthma (include details such as age of onset, previous hospitalizations, or emergency visits for asthma):	**Known triggers (e.g., allergens, exercise, tobacco smoke, etc.):**
Diagnosed at age 10; multiple hospitalizations due to acute asthma exacerbations, most recent in June 2023	Pollen, exercise, exposure to tobacco smoke
Other respiratory conditions (e.g., viral respiratory infections, chronic inflammation, etc.):	**Current medications (include dosages and frequency):**
Chronic inflammation of the airways, history of viral respiratory infections	Albuterol (2 puffs as needed) Fluticasone (100 mcg twice daily)
Assessment	
Subjective data (what the patient reports):	
Chief complaints:	
Difficulty breathing, chest tightness, and wheezing, particularly during exercise	

Description of symptoms (e.g., shortness of breath, wheezing, coughing, etc.):	**Precipitating factors (any recent events that might have triggered symptoms):**
Shortness of breath, dry cough, and mild wheezing	Recent outdoor run during pollen season
Objective data (What the nurse observes):	
Vital signs:	**Oxygen saturation (%):** 92%
Temperature: 98.6°F	**Signs of respiratory distress:**
Heart rate: 100 bpm	Accessory muscle use, nasal flaring
Respiratory rate: 24 breaths per minute	
Blood pressure: 130/80 mmHg	
Respiratory assessment (include respiratory status, breath sounds, peak flow readings, etc.):	
Bilateral wheezing upon auscultation, peak flow reading at 250 L/min (personal best 400 L/min)	
Nursing diagnosis	
Impaired gas exchange related to bronchial constriction and mucus production, as evidenced by wheezing, shortness of breath, and decreased peak flow readings.	
Goals/outcomes	
Short-term goals:	**Long term goals:**
-Patient's oxygen saturation will improve to 95% or above within 24 hours of treatment. -Patient will demonstrate effective use of inhaler techniques within 2 hours of teaching.	- Patient will maintain peak flow within 80-100% of their personal best for the next 3 months. - Patient will be able to identify and avoid known asthma triggers.

Nursing interventions/implementation	Rationale
1. Administer Albuterol as prescribed 2. Monitor respiratory status and oxygen saturation every 2 hours 3. Teach the patient proper use of a metered-dose inhaler 4. Encourage the patient to avoid known triggers, including pollen and smoke	1. To relieve acute bronchoconstriction and improve airway function 2. Early detection of respiratory distress and hypoxemia helps guide further interventions 3. To ensure the patient uses the inhaler effectively to manage asthma symptoms 4. Reducing exposure to asthma triggers helps prevent exacerbations

Evaluation

- Short-Term Goals: Oxygen saturation improved to 96% after administering Albuterol, and the patient demonstrated correct inhaler technique.
- Long-Term Goals: Patient has scheduled a follow-up visit and plans to use a peak flow meter daily to monitor lung function.

Nurse information

Name: Emily Carter	**License ID:** 12345678
Signature:	**Date:** 14/10/2024