

# Asthma Nursing Care Plan

## Patient Information

Name:

Age:

Gender:

Medical History:

Current Diagnosis: Asthma

## Nursing Diagnosis

### **1. Impaired Gas Exchange related to bronchoconstriction and inflammation secondary to asthma.**

#### **Assessment Data:**

- Respiratory rate:
- Breath sounds:
- Oxygen saturation:
- Use of accessory muscles:
- Dyspnea scale (1-10):

#### **Interventions:**

- Administer prescribed bronchodilators and anti-inflammatory medications.
- Monitor respiratory rate, breath sounds, and oxygen saturation regularly.
- Encourage and educate on proper inhaler technique.

#### **Evaluation:**

- Improved oxygen saturation.
- Decreased use of accessory muscles.
- Reduction in dyspnea.

### **2. Ineffective Airway Clearance related to increased mucus production and bronchoconstriction.**

#### **Assessment Data:**

- Cough frequency and character:
- Sputum production:
- Respiratory rate:

**Interventions:**

- Encourage and assist with effective coughing techniques.
- Administer prescribed mucolytic medications.
- Promote hydration to help thin secretions.

**Evaluation:**

- Improved cough effectiveness.
- Reduction in respiratory rate.
- Decreased sputum production.

**3. Anxiety related to fear of breathlessness and chronic illness.****Assessment Data:**

- Anxiety level (1-10):
- Verbal expressions of fear or apprehension:
- Restlessness or pacing:

**Interventions:**

- Assess anxiety level using a standardized tool (e.g., Beck Anxiety Inventory).
- Provide psychological support and therapeutic communication.
- Teach and encourage relaxation techniques

**Evaluation:**

- Decreased anxiety level.
- Verbalization of effective coping strategies.
- Reduced restlessness.

**4. Activity Intolerance related to dyspnea and fatigue.****Assessment Data:**

- Dyspnea scale during activity (1-10):
- Fatigue level (1-10):
- Heart rate during activity:

**Interventions:**

- Assess dyspnea and fatigue levels during various activities.
- Encourage energy conservation strategies.
- Develop and implement a tailored exercise plan.

**Evaluation:**

- Improved tolerance to activities.
- Decreased dyspnea and fatigue.
- Stable heart rate during activities.

**Patient Education Plan****1. Health Literacy Assessment:****Assessment Data:**

- Understanding of asthma:
- Familiarity with medications:

**2. Asthma Education:****Interventions:**

- Tailor education to the patient's cognitive level.
- Provide information on asthma triggers and avoidance strategies.
- Educate on proper inhaler and medication use.

**Evaluation:**

- Improved understanding of asthma.
- Correct demonstration of inhaler technique.
- Ability to identify and avoid triggers.

**Follow-up and Monitoring**

- Regular follow-up appointments for medication review and adjustment.
- Monitoring of peak flow measurements and tracking symptoms.
- Assessing the effectiveness of coping strategies and adjusting interventions accordingly.