

Parkinson's Disease Nursing Care Plan

Patient Information

Name: _____ Age: _____

Date of Assessment: _____

Medical Diagnosis: Parkinson's Disease

Assessment

Motor Symptoms (e.g., tremors, rigidity, bradykinesia): _____

Non-Motor Symptoms (e.g., mood changes, cognitive issues): _____

Daily Living Activities Assessment: _____

Patient and Family History: _____

Nursing Diagnosis

1. Impaired Physical Mobility related to bradykinesia.
2. Risk for Falls related to balance and gait disturbances.
3. Psychosocial: Depression or Anxiety related to disease progression.

Goals and Outcomes

- Improve or maintain mobility and physical function.
- Prevent falls and ensure patient safety.
- Enhance psychological well-being and coping.

Interventions

1. Mobility Management

- Physical therapy referral for mobility and strength exercises.
- Assistance with daily activities as needed.

2. Fall Prevention

- Environmental modifications for safety.
- Education on fall prevention strategies.

3. Psychological Support

- Referral to mental health services if necessary.
- Support group participation for the patient and family.

Evaluation

- Regular assessment of mobility status and fall incidents.
- Monitoring mental health status and adjustment to the disease.
- Family and patient feedback on care plan effectiveness.

Nurse's Signature: _____

Date: _____

Disclaimer: This template is a guide for nursing care and should be adapted to each patient's individual needs. Consult with healthcare professionals for specific medical advice and treatment.