

ASSESSING AND PLANNING CARE: GOALS, INTERVENTIONS, AND OUTCOMES

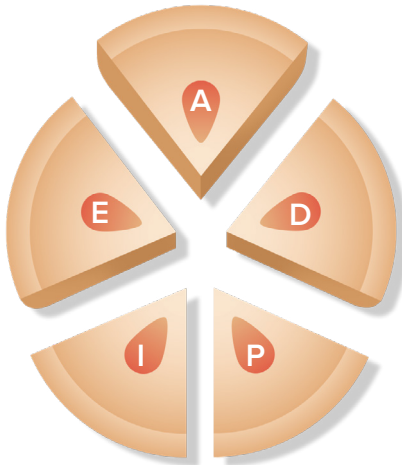


Nursing Interventions

- Actions in a care plan, such as patient education or treatments
- Formed using patient feedback, evidence-based sources, and the nursing process

1 Gather Information in a Logical and Informed Way to Provide the Best Care Possible

Five-step nursing process (ADPIE)



- P Plan**
Identify plan of care goals, interventions, and desired outcomes.
- I Implement**
Perform the identified nursing interventions.
- E Evaluate**
Determine if the goals and desired outcomes were met.
- A Assess**
Gather information about the client's condition.
- D Diagnose**
Identify the client's problems.

Comprehensive assessment approaches



Health history

Head-to-toe physical assessment

Focused assessment

NURSING TIP:

SMART goals need to be set to address each intervention to assess quality in patient care.

S

M

A

R

T

Specific

Measurable

Attainable

Realistic

Timely

2 Discuss With the Client What Health Goals They Would Like to Achieve

3 Once Goals Are Established, Standard Nursing Outcomes (NOC) and Nursing Interventions (NIC) Can Be Used to Guide Patient Care

Goals: Examples	NICs: Examples	NOCs: Examples
Stage 1 pressure ulcer will resolve	Reposition client every two hours	Reduced redness in lower back area
Client reports pain level < 4 with ambulation	Administer pain medication 1 hour before to physical therapy	Client ambulates 100 feet (ca. 30 m) twice a day
Client demonstrates insulin injection procedure	Request diabetes education consult	Client demonstrates self-injection techniques
Client effectively clears secretions from lungs	Provide education on incentive spirometer after surgery	Client reaches 1,200 mL x10 per hour while awake

NOTES

