

Appendicitis Nursing Care Plan

PATIENT INFORMATION

Name: _____ Age: _____

Sex: _____

Medical History:

Allergies:

ASSESSMENT

Subjective Data:

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- ☐ Patient reports abdominal pain, especially in the lower right quadrant
- ☐ Nausea and vomiting
- ☐ Anorexia
- ☐ Low-grade fever

Objective Data:

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- ☐ Abdominal tenderness, especially in the right lower quadrant
- ☐ Guarding and rebound tenderness
- ☐ Elevated temperature
- ☐ Increased white blood cell count

NURSING DIAGNOSES

Nursing Diagnoses

- ☐ Acute Pain related to inflammation and distention of the appendix as evidenced by verbal reports of abdominal pain
- ☐ Risk for Infection related to the inflamed appendix
- ☐ Imbalanced Nutrition: Less than Body Requirements related to anorexia and nausea
- ☐ Deficient Knowledge related to the lack of information about the condition and treatment

PLANNING

Pain Management:

Pain Management

- ☐ Administer prescribed analgesics as ordered
- ☐ Monitor and assess pain using a pain scale
- ☐ Encourage relaxation techniques (deep breathing, guided imagery)

Infection Prevention:**Infection Prevention**

- ☐ Administer prescribed antibiotics as ordered
- ☐ Educate the patient about the importance of completing the full course of antibiotics
- ☐ Monitor for signs of infection (fever, increased white blood cell count)

Nutritional Support:**Nutritional Support**

- ☐ Monitor and record dietary intake
- ☐ Encourage small, frequent meals
- ☐ Provide antiemetic medications as prescribed

Patient Education:**Patient Education**

- ☐ Provide information about appendicitis, its causes, and the importance of prompt medical attention
- ☐ Explain the surgical procedure (appendectomy) and postoperative care
- ☐ Discuss signs of complications and when to seek medical help

INTERVENTIONS

Pain Relief:**Pain Relief**

- ☐ Administer analgesics as prescribed
- ☐ Use non-pharmacological pain management techniques (heat therapy, positioning)

Infection Control:**Infection Control**

- ☐ Administer antibiotics as ordered
- ☐ Monitor vital signs regularly
- ☐ Promote good hand hygiene for both the patient and healthcare providers

Nutritional Support:**Nutritional Support**

- ☐ Offer small, frequent meals
- ☐ Provide clear liquids initially, then advance to a regular diet as tolerated
- ☐ Monitor and address any signs of malnutrition

Patient Education:**Patient Education**

- ☐ Explain the surgical procedure and potential complications
- ☐ Emphasize the importance of reporting any changes in symptoms promptly
- ☐ Provide written materials for the patient and family

EVALUATION

Pain Management:**Pain Management**

- ☐ Evaluate the effectiveness of pain interventions
- ☐ Assess the patient's pain level using a pain scale
- ☐ Modify the pain management plan as needed

Infection Control:**Infection Control**

- ☐ Monitor for signs of infection
- ☐ Evaluate the effectiveness of antibiotic therapy
- ☐ Assess the patient's vital signs and laboratory results

Nutritional Support:**Nutritional Support**

- ☐ Monitor the patient's nutritional status and weight
- ☐ Evaluate the patient's tolerance to diet progression
- ☐ Adjust the nutritional plan as necessary

Patient Education:**Patient Education**

- ☐ Assess the patient's understanding of the condition and treatment
- ☐ Encourage questions and address any concerns
- ☐ Provide additional information as needed