

Ineffective Breathing Pattern Nursing Care Plan

PATIENT INFORMATION

Name: _____ Age: _____

Medical Record Number: _____ Date of Admission: _____ dd / mm / yyyy

Primary Diagnosis: _____

ASSESSMENT

Breathing Rate and Pattern

Oxygen Saturation Levels

Presence of Respiratory Distress (e.g., dyspnea, use of accessory muscles)

Auscultation Findings (e.g., wheezing, crackles)

Contributing Factors (e.g., pain, anxiety)

NURSING DIAGNOSIS

Ineffective Breathing Pattern related to

GOALS AND EXPECTED OUTCOMES

Short-term Goal

Long-term Goal

Nursing InterventionsMonitor respiratory rate, rhythm, and effort at regular intervals.Administer oxygen therapy as prescribed to maintain SpO2 within target range.Teach and assist the patient with deep breathing exercises and use of incentive spirometry.Position the patient to maximize ventilation (e.g., semi-Fowler's position).Monitor and manage contributing factors (e.g., pain, anxiety) with appropriate interventions.Educate patient and family on techniques to improve breathing patterns and signs of respiratory distress.

EVALUATION

Document the patient's response to interventions

Reassess goals based on patient's progress and modify care plan as needed

Nurse's Signature

Date: _____ dd / mm / yyyy