

Appendicitis Nursing Care Plan

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Patient Information:

Name:

Age:

Sex:

Medical History:

Allergies:

Assessment:

Subjective Data:

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

Objective Data:

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

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
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Planning:

Pain Management:

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

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

Pain Relief:

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

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

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
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Infection Control:

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

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

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