

# Examples of nursing interventions and rationales

## *Sample nursing interventions and rationales for patients with acute pain*

| Nursing Interventions                                                                                                                                          | Rationales                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Perform a comprehensive assessment of pain. Determine the location, characteristics, onset, duration, frequency, quality, and severity of pain via assessment. | The patient experiencing pain is the most reliable source of information about their pain. Thus, assessment of pain by conducting an interview helps the nurse in planning optimal pain management strategies. |
| Provide cognitive-behavioral therapy (CBT) for pain management.                                                                                                | These methods are used to provide comfort by altering psychological responses to pain. Cognitive-behavioral interventions include: distraction, guided imagery, eliciting relaxation response, etc.            |

## *Sample nursing interventions and rationales for patients with heart failure*

| Nursing Interventions                                                            | Rationales                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Auscultate apical pulse, assess heart rate.                                      | Tachycardia is an early sign of heart failure. An increase in heart rate is the body's first response to compensate for reduced cardiac output (CO). Initially, this compensatory response has a favorable effect on cardiac output, but over time, persistent tachycardia is harmful and may worsen heart failure. Appropriate heart rate control has been associated with better clinical outcomes, including decreased hospitalizations and mortality (Yancy et al., 2017). |
| Give oxygen as indicated by the patient's symptoms, oxygen saturation, and ABGs. | Supplemental oxygen increases oxygen availability to the myocardium and can help relieve symptoms of hypoxemia, ischemia, and subsequent activity intolerance (Giordano, 2005; Haque et al., 1996). The need is based on the degree of pulmonary congestion and resulting hypoxia. Ongoing pulse oximetry monitors the need for and effectiveness of oxygen supplementation.                                                                                                   |

# Guide To Writing Care Plans

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*A Clinician's Survival Guide to*

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