Planning: formulating client goals and designing the strategies required to prevent, reduce or eliminate the client's health problems.
**Type of planning**

1- Initial planning: admission assessment
2- Ongoing planning: done by all nurses
   - how work with the client
   - to determine whether the client’s health status has changed
   - to set priority
   - to decide which problem focus on during the shift
   - to coordinate the nursing activity
3- Discharge planning: anticipating and planning for need after discharge

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**Developing nursing care plan**

- **Informal plan:** in mind of nurse.
- **Formal nursing care plan:** written guide.
- **Standardized care plans:** for group of client with common need. e.g. (myocardial infarction).
- **Kardex:** system in which client information and instruction are recorded. Usually in pencil.
• Policies and procedure: developed to govern the handling of frequently occurring situation.
• E.g. number of client visitor may have.
• Protocols: preprinted and preplanned to indicate the action, commonly required for particular group of client. Contain both medical and nursing order. E.g. protocol for admission client to intensive care unit.

Planning process

A-Selecting priorities
B-Establishing client goals and desired outcome
C-Selecting nursing strategy
D-Writing nursing order
A. Setting priorities

→ establishing a preferential order for nursing strategies.

→ the nurse must consider a variety of factors:

1. Client’s health values and beliefs → a client may believe that being home with children is more urgent than a health problem.

2. Client’s priorities → involving the client enhances cooperation between nurse and client.
3. Urgency of health problems → ABC’s of life (airway, breathing, circulation)
4. Resources available to nurse and client
5. Medical treatment plan → must be congruent with treatment of other health care professionals

PLANNING

should be **S-M-A-R-T**.
✓ **Specific**
✓ **Measurable**
✓ **Attainable**
✓ **Realistic** and
✓ **Time-bound**
Example:

- Problem: **Fever** → subjective cues: “I feel of called or” “hot”.
  - objective cues:
    - skin is warm to touch; temp. is 38.9°C
  → nursing diagnosis:
    - Alteration in thermoregulatory function: hyperthermia related to inflammatory process
  → plan: After 4 hours of continuous nursing intervention, patient’s temperature will decrease from 38.9°C to 37.5°C/ax.

**PLANNING**

Planning =
- setting priorities +
- establishing goals +
- planning interventions

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B. Establishing client Goals/desired outcome.

Components of a goal statement
Goal statement/desired outcome = pt behavior + criteria of performance + Time + conditions (if needed)

• Goal - broad
  e.g. Improve nutritional status
• Desired outcome – specific
  e.g. Gain 5 IB by April

Improve nutritional status as evidenced by gain 5 IB by April
**Guide line for writing a goal**

- write in term of client response not nursing activity
- realistic for the client
- compatible with the therapies
- each goal derived from only nursing diagnosis
- observable and measurable term for outcome
- client considered goals and outcome important and values them

---

**Components of a goal statement**

- **( SUBJECT)**: client, patient, etc ....

- **( VERB)**
  - an observable activity that the patient will demonstrate
    - (the patient) will void
    - Decrease in (the patient’s) BP
    - (the patient) will ambulate
    - (the patient) will report
    - (the patient) will drink
Components of a goal statement

**CONDITIONS**
- specific aides which will facilitate the patient performing a behavior at the level in the criteria and within the specified time frame
  - With the help of a walker
  - With the use of a wheelchair
  - With the help of the family
  - With the use of medication
  - Using oral analgesics q3-4 hrs
  - Using IM Demerol q3-4 hrs

**BOX 18–1 Examples of Action Verbs**

<table>
<thead>
<tr>
<th>Apply</th>
<th>Drink</th>
<th>Select</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assemble</td>
<td>Explain</td>
<td>Share</td>
</tr>
<tr>
<td>Breathe</td>
<td>Help</td>
<td>Sit</td>
</tr>
<tr>
<td>Choose</td>
<td>Identify</td>
<td>Sleep</td>
</tr>
<tr>
<td>Compare</td>
<td>Inject</td>
<td>State</td>
</tr>
<tr>
<td>Define</td>
<td>List</td>
<td>Talk</td>
</tr>
<tr>
<td>Demonstrate</td>
<td>Move</td>
<td>Transfer</td>
</tr>
<tr>
<td>Describe</td>
<td>Name</td>
<td>Turn</td>
</tr>
<tr>
<td>Differentiate</td>
<td>Prepare</td>
<td>Verbalize</td>
</tr>
<tr>
<td>Discuss</td>
<td>Report</td>
<td></td>
</tr>
</tbody>
</table>
Components of a goal statement

- Criterion of desired performance (TIME FRAME, ACCUREACY, DISTANCE, AND QUALITY).
  - a designated time or date when the patient should be able to achieve the behavior
    - Within the next hour (TIME FRAME)
    - By discharge (TIME FRAME)
    - At the end of this shift (TIME FRAME)
    - By Dec. 25 (TIME FRAME)
    - Weight 75 kg by April (TIME FRAME)
    - List 3 signs of 4 of wound infection ACCUREACY
    - Walks one block per day TIME and DISTANCE
    - Administer insulin using aseptic technique QUALITY

TABLE 18-4 Components of Goals/Desired Outcomes

<table>
<thead>
<tr>
<th>Subject</th>
<th>Verb</th>
<th>Conditions/Modifiers</th>
<th>Criterion of Desired Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client</td>
<td>drinks</td>
<td>2500 mL of fluid corrected insulin dose</td>
<td>daily (time) using aseptic technique (quality standard)</td>
</tr>
<tr>
<td>Client</td>
<td>administers</td>
<td>three hazards of smoking after reading literature</td>
<td>(accuracy indicated by “three hazards”)</td>
</tr>
<tr>
<td>Client</td>
<td>lists</td>
<td>five symptoms of diabetes before discharge</td>
<td>(accuracy indicated by “five symptoms”)</td>
</tr>
<tr>
<td>Client</td>
<td>recalls</td>
<td>the length of the hall without a cane</td>
<td>by date of discharge (time) in 48 hours (time) every 8 hours (time)</td>
</tr>
<tr>
<td>Client</td>
<td>walks</td>
<td>less than 10 inches in circumference</td>
<td>in 48 hours (time) every 8 hours (time)</td>
</tr>
<tr>
<td>Client ankle</td>
<td>measures</td>
<td>leg ROM exercises as taught</td>
<td>before discharge (time) before discharge (time)</td>
</tr>
<tr>
<td>Client</td>
<td>performs</td>
<td>foods high in salt from a prepared list</td>
<td></td>
</tr>
<tr>
<td>Client</td>
<td>identifies</td>
<td>the purposes of his medications</td>
<td></td>
</tr>
<tr>
<td>Client</td>
<td>states</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Purpose of goal and desired outcome

- provide direction for planning intervention
- serve as criteria for evaluating client progress.
- enable the client and nurse to determine which the problem has been resolved.
- helping in motivation by providing sense of achievement.

### TABLE 18-2 Deriving Desired Outcomes from Nursing Diagnoses

<table>
<thead>
<tr>
<th>Nursing Diagnosis</th>
<th>Opposite Healthy Responses (Goals)</th>
<th>Desired Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impaired Physical Mobility: inability to bear weight on left leg, related to inflammation of knee joint</td>
<td>Improved mobility</td>
<td>Ambulate with crutches by end of the week.</td>
</tr>
<tr>
<td></td>
<td>Ability to bear weight on left leg</td>
<td>Stand without assistance by end of the month.</td>
</tr>
<tr>
<td>Ineffective Airway Clearance related to poor cough effort, secondary to incision pain and fear of damaging sutures</td>
<td>Effective airway clearance</td>
<td>Lungs clear to auscultation during entire postoperative period.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No skin pallor or cyanosis by 12 hours postoperation.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Within 24 hours after surgery, will demonstrate good cough effort.</td>
</tr>
</tbody>
</table>
Summary of Components of Outcomes

- **Subject**: who is the person expected to achieve the outcome?
- **Verb**: what actions must the person take to achieve the outcome?
- **Condition**: under what circumstances is the person to perform the actions?
- **Performance criteria**: how well is the person to perform the actions? **Target time**: by when is the person expected to be able to perform the actions?

Short-Term Goals

- Outcomes achievable in a few days or 1 week
- Developed form the problem portion of the diagnostic statement
- Client-centered
- Measurable
- Realistic
- Accompanied by a target date
Long-Term Goals

- Desirable outcomes that take weeks or months to accomplish for client’s with chronic health problems

C. Planning Interventions

- render continuous tepid sponge bath
- loosen tight and thick clothing
- increase fluid intake
- keep room well ventilated
- administer antipyretics as indicated/ordered
Type of nursing intervention

- **independent intervention**: nurses licensed to initiate on the basis of their knowledge and skills e.g. teaching, counseling etc
- **dependent intervention**: under physicians order e.g. administration of medication
- **collaborative intervention**: the nurses carries out in collaboration with other health team members

D. writing nursing order

- date
- action verb
- content area
- time element
- signature

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<table>
<thead>
<tr>
<th>Date</th>
<th>Action Verb</th>
<th>Content Area</th>
<th>Time Element</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/14/03</td>
<td>Monitor</td>
<td>for verbalization of interest in group activities</td>
<td>with each client contact</td>
<td>J. Jonas, RN</td>
</tr>
<tr>
<td>4/14/03</td>
<td>Instruct</td>
<td>(client) to avoid drinking liquids with meals if nausea occurs</td>
<td>evening shift, 4/14/03</td>
<td>J. Jonas, RN</td>
</tr>
<tr>
<td>4/14/03</td>
<td>Pad</td>
<td>side rails</td>
<td>during periods of restlessness and confusion</td>
<td>C. Van, RN</td>
</tr>
<tr>
<td>4/14/03</td>
<td>Discuss</td>
<td>(with family) their need for help with client's care at home</td>
<td>on Friday</td>
<td>L. Chung, RN</td>
</tr>
<tr>
<td>4/14/03</td>
<td>Palpate</td>
<td>uterine fundus for firmness</td>
<td>hourly ×2, then q4h × 24h</td>
<td>C. Patti, RN</td>
</tr>
</tbody>
</table>