

INTERACTIVE CARE PLAN WORKSHEET

Student Name: _____

NURSING DIAGNOSIS: IMPAIRED PHYSICAL MOBILITY		Patient's Medical Diagnosis: _____	
DEFINITION:	A state in which an individual experiences a limitation of ability for independent physical movement.		
DEFINING CHARACTERISTICS:	Inability to purposefully move within the physical environment, including bed mobility, transfer, and ambulation; reluctance to attempt movement; limited range of motion, decreased muscle strength, control and/or mass; imposed restrictions of movement; including mechanical, medical protocol; impaired coordination.		
RELATED FACTORS:	Intolerance to activity/decreased strength and endurance; pain/discomfort; perceptual/cognitive impairment; neuromuscular impairment; musculoskeletal impairment; depression/severe anxiety.		
SUGGESTED FUNCTIONAL LEVEL CLASSIFICATION:	0= Completely independent; 1= Requires use of equipment device; 2= Requires help from another person for assistance, supervision, or teaching; 3= Requires help from another person and equipment device; 4= Dependent, does not participate in activity.		
STUDENT INSTRUCTIONS:	In the space below enter the subjective and objective data gathered during your patient assessment.		
ASSESSMENT	Subjective Data Entry	Objective Data Entry	
	TIME OUT!	Student Instructions: To be sure your patient diagnostic statement written below is accurate, you need to review the defining characteristics and related factors associated with the nursing diagnosis and see how your patient data matches. Do you have an accurate match or is additional data required or does another nursing diagnosis need to be investigated?	
DIAGNOSIS	PATIENT DIAGNOSTIC STATEMENT:	Nursing Diagnosis: _____ Related to: _____ AEB: _____	

PLANNING	Desired Outcome And Patient Criteria: The Patient Will:	
	TIME OUT!	The desired outcome must meet criteria to be accurate. The outcome must be specific, realistic, measurable, and include a time frame for completion. Does the action verb describe the patient's behavior to be evaluated? Can the outcome be used in the evaluation step of the nursing process to measure the patient's response to the nursing interventions listed below?
	Interventions (in present tense)	Rationale For Selected Intervention and References
EVALUATION	TIME OUT!	Do your interventions assist in achieving the desired outcome? Do your interventions address further monitoring of the patient's response to your interventions and to the achievement of the desired outcome? Are qualifiers: when, how, amount, time, and frequency used? Is the focus of the action's verb on the nurse's actions and not on the patient? Do your rationales provide sufficient reason and directions?
	What was your patient's response to the interventions?	
	Was the desired outcome achieved? If no, what revisions to either the desired outcome or interventions would you make?	
DOCUMENTATION	Yes No	
	Documentation Focus: Now that you have completed the evaluation, the next step is to document your care and the patient's response. Use the areas below to enter your progress note information. Documentation is what you have done - in past tense.	

INSTRUCTOR'S COMMENTS: