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## INDIVIDUALIZED PLAN OF CARE EXAMPLE: PNEUMONIA

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### Case Study:

Mr.. Jones, age 70, was admitted to a unit complaining of acute pain when coughing and/or deep breathing. He has shortness of breath when he walks more than 20 feet. Mr. Jones's physician diagnosed his patient as having pneumonia and ordered oxygen therapy, antibiotic injection, pain medication, and inhalant mist.

### Signs & Symptoms (Assessment)

- Acute pain on coughing
- Shortness of breath when walking more than 20 feet
- Temperature of 102°F

### Medical Diagnosis

Pneumonia

### Care Components/Nursing Diagnoses (Diagnosis)

- **Sensory Component—Q**  
Nursing Diagnosis: Acute Pain Alteration – Q45.1
- **Respiratory Component—L**  
Nursing Diagnosis: Breathing Pattern Impairment – L26.2
- **Physical Regulation Component—K**  
Nursing Diagnosis: Hyperthermia – K25.2

### Expected Outcomes/Goals of Care (Outcome Identification)

- To Improve Acute Pain – Q45.1.1
- To Stabilize Breathing Pattern Impairment – L26.2.2
- To Improve Hyperthermia – K.25.2.1

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**Nursing Orders Determined****Interventions and Action Types  
(Planning and Implementation)**

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Determine intensity of pain	<u>Assess</u> —Acute Pain Control – Q47.1.1
Administer oxygen therapy	<u>Perform</u> —Oxygen Therapy Care – L35.0.2
Instruct how to splint for coughing	<u>Teach</u> —Acute Pain Control – Q47.1.3
Give IM antibiotic injection–qid	<u>Perform</u> —Injection Administration – H23.0.2
Give dose of mist inhalant–qid	<u>Perform</u> —Medication Treatment – H24.4.2
Give pain medication–prn	<u>Perform</u> —Medication Treatment – H24.4.2
Instruct re-breathing exercises–qid	<u>Teach</u> —Breathing Exercises – L36.1.3
Instruct re-mist inhalant – qid	<u>Teach</u> —Medication Treatment – H24.4.3

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**Actual Outcomes/Goals Met (Evaluation)**

- **Sensory Component—Q**  
Nursing Diagnosis: Acute Pain Improved – Q45.1.1  
Evidence = no pain when coughing
  - **Respiratory Component—L**  
Nursing Diagnosis: Breathing Pattern Impairment Stabilized – L26.2.2  
Evidence =Able to walk more than 20 feet without shortness of breath
  - **Physical Regulation Component – K**  
Nursing Diagnosis: Hyperthermia Improved – K25.2.1
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