

Ineffective Breathing Pattern Nursing Care Plan

Patient Information

Name: _____ Age: _____

Medical Record Number: _____

Date of Admission: _____

Primary Diagnosis: _____

Assessment

1. Breathing Rate and Pattern:

2. Oxygen Saturation Levels:

3. Presence of Respiratory Distress (e.g., dyspnea, use of accessory muscles):

4. Auscultation Findings (e.g., wheezing, crackles):

5. Contributing Factors (e.g., pain, anxiety):

Nursing Diagnosis

- Ineffective Breathing Pattern related to:

Goals and Expected Outcomes

1. Short-term Goal:

2. Long-term Goal:

Nursing Interventions

1. Monitor respiratory rate, rhythm, and effort at regular intervals.
2. Administer oxygen therapy as prescribed to maintain SpO₂ within target range.
3. Teach and assist the patient with deep breathing exercises and use of incentive spirometry.

4. Position the patient to maximize ventilation (e.g., semi-Fowler's position).
5. Monitor and manage contributing factors (e.g., pain, anxiety) with appropriate interventions.
6. Educate patient and family on techniques to improve breathing patterns and signs of respiratory distress.

Evaluation

- Document the patient's response to interventions:

- Reassess goals based on patient's progress and modify care plan as needed:

Nurse's Signature: _____ **Date:** _____