

Ineffective Breathing Pattern Nursing Care Plan

Patient information

Name:

Age:

Medical record number:

Date of information:

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

- Monitor respiratory rate, rhythm, and effort at regular intervals.
- Administer oxygen therapy as prescribed to maintain SpO₂ within target range.
- Teach and assist the patient with deep breathing exercises and use of incentive spirometry.
- Position the patient to maximize ventilation (e.g., semi-Fowler's position).
- Monitor and manage contributing factors (e.g., pain, anxiety) with appropriate interventions.
- 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: