Multiple Sclerosis Nursing Care Plan

Patient Information	
Name: Mary Kim	Date: April 29, 2024
Gender: ○ Male ● Female ○ Other:	Age: 22
Nurse in Charge: Sarah Garcia, RN	Healthcare Provider: Dr. Michael Cho, MD

Nursing Diagnosis	Goals and Outcomes	Interventions	Evaluation
Risk for Impaired Mobility related to muscle weakness and spasticity.	Patient will demonstrate improved mobility. Patient will verbalize understanding of safety measures to prevent falls.	Assess patient's mobility status regularly. Encourage and assist with range of motion exercises as tolerated. Educate patient and family on safe transfer techniques and fall prevention strategies.	Patient reports feeling more confident in mobility. Patient is able to perform range of motion exercises independently. Patient and family demonstrate understanding and implementation of fall prevention strategies.
Impaired Urinary Elimination related to bladder dysfunction.	Patient will maintain adequate bladder function. Patient will report decreased frequency of urinary incontinence episodes.	Monitor patient's urinary patterns and assess for signs of urinary retention or incontinence. Encourage regular voiding schedule. Provide education on pelvic floor exercises and bladder training techniques.	Patient reports improved bladder control. Patient demonstrates understanding and compliance with pelvic floor exercises and bladder training.
Risk for Fatigue related to disease progression and medication side effects.	Patient will report decreased fatigue levels. Patient will demonstrate effective energy conservation techniques.	Educate patient on pacing activities and rest periods throughout the day. Collaborate with healthcare team to optimize medication regimen to minimize fatigue. Encourage adequate nutrition and hydration.	Patient reports decreased fatigue levels. Patient is able to implement energy conservation techniques independently. Patient's energy levels improve over time.

Nursing Diagnosis	Goals and Outcomes	Interventions	Evaluation

Notes
04/24/2024: Patient demonstrated improved mobility during morning physical therapy session. She was able to perform range of motion exercises independently with minimal assistance. 04/25/2024: Patient's urinary continence has improved, with fewer episodes of incontinence reported. She verbalized understanding of bladder training techniques and has been compliant with the recommended voiding schedule.