

Nursing Care Plan: Acute Respiratory Failure

Medical Condition: Acute Respiratory Failure due to Pneumonia

Nursing Diagnosis: Impaired Gas Exchange

Related to:

- Alveolar-capillary membrane changes due to pneumonia
- Accumulation of fluid in the alveoli
- Decreased lung compliance

As evidenced by:

- Labored breathing and shortness of breath
- Decreased arterial oxygen saturation (SpO₂ below 90%)
- Cyanosis of lips and fingertips
- Restlessness and confusion due to hypoxia
- Increased carbon dioxide levels in arterial blood gases

Expected outcomes:

- The patient will maintain oxygen saturation above 92% during the hospital stay.
- The patient will exhibit improved respiratory function without signs of distress.
- The patient will express an understanding of the condition and management strategies.

Assessment:

1. Monitor respiratory rate, rhythm, and effort, including accessory muscles.
2. Check oxygen saturation continuously using pulse oximetry.
3. Assess skin color for signs of cyanosis or pallor.

Interventions:

1. **Enhance oxygenation:**

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- Administer supplemental oxygen as prescribed to maintain SpO₂ above 92%.
 - Position the patient in a high Fowler's position to maximize lung expansion.
2. **Promote secretion clearance:**
- Encourage deep breathing exercises and the use of incentive spirometry.
 - Assist with chest physiotherapy to mobilize and clear secretions.
3. **Manage underlying cause:**
- Administer prescribed antibiotics to treat pneumonia.
 - Monitor temperature and white blood cell count to assess response to treatment.
4. **Supportive care:**
- Provide reassurance and educate the patient about the importance of rest and adherence to the treatment plan.
 - Monitor intake and output to assess hydration status and ensure adequate fluid intake.
5. **Monitor and adjust interventions:**
- Regularly reassess respiratory status and adjust oxygen therapy as needed.
 - Evaluate the effectiveness of interventions and modify the care plan based on the patient's response.
6. **Educate patient and family:**
- Discuss the causes and prevention of pneumonia.
 - Instruct on the signs of respiratory distress and when to seek immediate medical care.
7. **Plan for discharge and follow-up:**
- Arrange for a follow-up visit with a pulmonologist or primary care physician.

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- Provide written instructions for medications and respiratory care equipment if needed.