

Nursing Diagnosis	Patient Goals (Short and/or long term)	Nursing Interventions (Including rationale)	Evaluation
YOUR SELECTED NANDA-I® NURSING DIAGNOSIS due to history of 2 falls, current substance use, mental confusion, dizziness upon standing, blood pressure of 90/50, patient is female, patient is 70 years old.	1. The patient will not fall by 1900 on the day of care. 2. The patient will verbalize 3 measures she can take to prevent a future fall, by discharge. 3. The patient will demonstrate safely going from sitting to standing, in order to prevent dizziness upon standing, by 1900 on the day of care. 4. The patient will use her call light to alert the nurse before getting out of bed each time, by 1500 on the day of care.	1. The nurse will assess the patient's readiness to stop substance use, and educate accordingly. 2. The nurse will educate the patient on methods to prevent falls. 3. The nurse will educate the patient on safely moving from sitting to standing without getting dizzy. 4. The nurse will offer to take the patient to the toilet every hour. 5. The nurse will encourage the patient to use her call light every hour. 6. The nurse will respond promptly to the patients call light. Include evidenced based rationales for each nursing intervention using your textbooks.	State whether or not the goal was met. If the goal wasn't met, what progress did they make, and what changes do you need to make to the care plan. Give your recommendations for changing the care plan to improve patient outcomes.

Special note: I purposefully did not write an intervention of, "The nurse will leave the call light within reach of the patient after checking on her" because that is a standard of care and something that the nurse should ALWAYS do. :)

LEGAL DISCLAIMER: This care plan is intended for informational purposes only. This is not medical advice and errors may occur. Do not treat any person based on the information given in this care plan. You should always assess the individual person and provide care based on your own assessment, and the assessments and recommendations of that individual's medical team.