

Nursing Diagnosis	Action	Desired Outcome
Alteration in Breathing Related to lung infection as evidenced by shortness of breath on exertion and cough	<ul style="list-style-type: none"> <li>• Limit unnecessary activity to conserve energy</li> <li>• Encourage coughing and deep breathing exercises</li> <li>• Respiratory therapy to administer percussion therapy and incentive spirometer use</li> <li>• CNAs to encourage fluid intake</li> <li>• Keep head of bed elevated or encourage patient to sit in chair</li> <li>• All staff to report changes in breathing patterns</li> <li>• RN will evaluate lung sounds every 4 hours</li> </ul>	Patient will demonstrate increased exercise tolerance
Alteration in Nutrition related to poor intake as evidenced by weight loss	<ul style="list-style-type: none"> <li>• Staff to offer non-dairy snacks frequently</li> <li>• Track intake and output</li> <li>• Monitor weight daily – report weight gain/loss over 2 pounds</li> <li>• Encourage socialization during mealtimes</li> <li>• Offer multiple food choices during mealtimes</li> </ul>	Patient will increase weight by 5 pounds
Risk for alteration in mood/depression related to sudden change in level of health and history of depression	<ul style="list-style-type: none"> <li>• Encourage independence in performing activities of daily living and self-care activities</li> <li>• Encourage socialization with staff, roommate and visitors</li> <li>• Monitor for signs of withdrawal (lethargy, apathy, insomnia, excessive sleeping, etc.)</li> </ul>	Patient will exhibit No signs/symptoms of depression or altered mood
Alteration in temperature regulation related to lung infection as evidenced by fever	<ul style="list-style-type: none"> <li>• Staff to monitor temperature every 6 hours, report any temp above 101 degrees</li> <li>• Use appropriate medications to reduce temperature (as per order)</li> <li>• Encourage fluid intake</li> <li>• Use cold compress on forehead, back of neck and axillae for temp above 101 degrees</li> </ul>	Patient will maintain a normal temperature

# Home Health Aide Inservice Topics

**J Ma**



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