



Nursing Care Plan for Postoperative Pain

| Assessment | Diagnosis | Planing | Interventions | Rational | Evaluation |
|--|---|--|---|---|--|
| <p>Subjective Data:</p> <ul style="list-style-type: none"> • Patient reports, "The pain is really bad, about 7 out of 10. It feels tight and uncomfortable around the incision." <p>Objective Data:</p> <ul style="list-style-type: none"> • Guarding behavior observed. • Reluctance to move. <p>Vital signs:</p> <ul style="list-style-type: none"> • HR 98 bpm • BP 140/85 mmHg • RR 22 breaths/min • Temp 37.8°C • Oxygen saturation 95%. | <p>Acute Pain related to surgical incision as evidenced by patient-reported pain (7/10), guarding, and reluctance to move.</p> | <p>Short-term goal:</p> <ul style="list-style-type: none"> • Patient will report a reduction in pain to 3/10 within 24 hours. • Patient will demonstrate breathing techniques for relaxation within 1 day. <p>Long-term goal:</p> <ul style="list-style-type: none"> • Patient will ambulate short distances without significant pain by day 3 post-surgery. • Patient will be free from postoperative complications related to pain by discharge. | <ul style="list-style-type: none"> • Monitor Pain Levels: Assess pain every 2 hours to adjust interventions accordingly. • Administer Prescribed Analgesics: Provide pain medication as ordered (e.g., NSAIDs, opioids). • Apply Cold Therapy (Ice Packs): Use ice packs every 2 hours on the surgical site. • Encourage Deep Breathing Exercises: Teach deep breathing to prevent respiratory complications. • Assist with Positioning: Help the patient find a comfortable position. • Encourage Early Mobilization: Assist in early ambulation on day 1 post-op. | <ul style="list-style-type: none"> • Assessment allows for timely pain relief. • Analgesics reduce pain and facilitate healing. • Cold therapy reduces inflammation and numbs pain receptors. • Promotes better oxygenation and reduces respiratory risks. • Proper positioning alleviates pressure on the surgical site. • Early movement helps prevent DVT and speeds recovery. | <ul style="list-style-type: none"> • Patient's pain reduced to 3/10 within 24 hours. • Patient able to ambulate short distances by day 3. • No signs of complications by discharge. |

