



## Nursing Care Plan for Impaired Gas Exchange

Assessment	Diagnosis	Planing	Interventions	Rational	Evaluation
<p><b>Subjective Data:</b></p> <ul style="list-style-type: none"> <li>• Patient reports, "I feel short of breath all the time," and states, "It's getting harder to do simple things like walking or climbing stairs."</li> </ul> <p><b>Objective Data:</b></p> <ul style="list-style-type: none"> <li>• Oxygen saturation of 86% on room air.</li> <li>• Cyanosis of lips.</li> <li>• Labored breathing with wheezing</li> </ul> <p><b>Vital Signs:</b></p> <ul style="list-style-type: none"> <li>• Temp: 98.6°F</li> <li>• Pulse: 112 bpm</li> <li>• RR: 26 breaths per minute</li> <li>• Blood Pressure: 132/84 mmHg</li> </ul>	<p><b>Impaired Gas Exchange</b> related to ventilation-perfusion imbalance secondary to COPD as evidenced by dyspnea, cyanosis, and SpO2 of 86%.</p>	<p><b>Short-Term Goals:</b></p> <ul style="list-style-type: none"> <li>• Within 2 hours, the patient will achieve oxygen saturation <math>\geq 92\%</math> with supplemental oxygen.</li> </ul> <p><b>Long-Term Goals:</b></p> <ul style="list-style-type: none"> <li>• Within one week, the patient will demonstrate effective gas exchange with SpO2 <math>&gt;90\%</math> on minimal oxygen therapy.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Administer oxygen therapy as prescribed.</b></li> <li>• <b>Position in High Fowler's position.</b></li> <li>• <b>Teach pursed-lip breathing.</b></li> <li>• <b>Monitor oxygen saturation continuously.</b></li> <li>• <b>Administer bronchodilators as prescribed.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Improves oxygenation and reduces hypoxia.</li> <li>• Enhances lung expansion and decreases respiratory effort.</li> <li>• Slows exhalation, prevents airway collapse, and promotes gas exchange.</li> <li>• Tracks the effectiveness of interventions and oxygen therapy.</li> <li>• Relieves bronchospasm and improves airflow.</li> </ul>	<ul style="list-style-type: none"> <li>• Oxygen saturation increased to 93% with reduced cyanosis and labored breathing.</li> <li>• Patient reports improved activity tolerance and uses breathing techniques effectively.</li> </ul>