



Nursing Care Plan on Impaired Skin Integrity (Bed Sore)

Assessment	Diagnosis	Planing	Interventions	Rational	Evaluation
<p>Subjective Data:</p> <ul style="list-style-type: none"> • Patient reports, "I have a painful spot on my lower back," and states discomfort when lying down for hours. <p>Objective Data:</p> <ul style="list-style-type: none"> • Stage II pressure ulcer on the sacral region, measuring 3 cm in diameter. • Partial-thickness skin loss with visible redness and mild drainage. • Patient is bedridden with limited mobility post-hip surgery. 	<p>Impaired Skin Integrity related to immobility and prolonged pressure over bony prominences as evidenced by a stage II pressure ulcer on the sacral area.</p>	<p>Short-Term Goals:</p> <ul style="list-style-type: none"> • Within 1 week, the pressure ulcer will show signs of healing, such as reduced redness and a decrease in wound size. <p>Long-Term Goals:</p> <ul style="list-style-type: none"> • The patient will maintain intact skin integrity and prevent further development of pressure ulcers over the next 3 months. 	<ul style="list-style-type: none"> • Reposition Every 2 Hours • Provide Wound Care as Ordered • Encourage and Support Nutritional Intake • Use Moisture Barrier Cream for Incontinence 	<ul style="list-style-type: none"> • Relieves pressure on vulnerable areas to improve blood flow and prevent further skin breakdown. • Cleansing with sterile saline and applying prescribed dressings creates an optimal healing environment. • Adequate nutrition, especially protein, vitamins, and minerals, promotes tissue repair and overall skin health. • Protects the skin from excess moisture, reducing the risk of further breakdown and infection. 	<ul style="list-style-type: none"> • The pressure ulcer shows signs of healing within one week, with reduced redness, less drainage, and a smaller wound size. • Over the next 3 months, the patient maintains intact skin integrity with no new areas of skin breakdown.

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			<ul style="list-style-type: none"> • Apply Pressure-Relieving Devices • Educate on Pressure Ulcer Prevention and Skin Care • Administer Analgesics as Prescribed. 	<ul style="list-style-type: none"> • Foam mattresses and cushions help distribute body weight and reduce pressure on bony prominences. • Empowering the patient and caregivers with knowledge helps prevent the recurrence of pressure ulcers. • Effective pain management improves patient comfort and compliance with repositioning and wound care interventions. 	