

Nursing Care Plan For Pain: If you are a nursing student, you may be wondering, what is a nursing care plan. Care plans are a vital part of the nursing process. A plan of care in nursing differs from a medical plan because nurses use a different set of diagnoses to guide care in hospitals.

This care plan focuses on the assessment and management of pain in the hospital or healthcare setting. However, pain levels can vary widely depending on their origin and the pain tolerance of the patients. Caring for pain requires strategy and planning by the attending nurse. This blog will guide you in providing nursing care for patients with pain.

What is A Nursing Care Plan For Pain?

A nursing care plan for pain is designed to address and treat a patient's pain and help nurses annotate, track and develop a course of action to address the pain. A nurse might note the cause of the pain, diagnose the pain, and then set a plan for the course of action. The nursing care plan for pain pdf will include the date and time, origin of pain, expected outcomes for treatment, and Interventions used to deal with pain.

Types of Pain

In particular, pain falls into two categories namely acute pain and chronic pain. Below here we have shared an overview of acute and chronic pain.

Acute Pain: It is sudden or urgent pain that lasts for less than 6 months in duration. It is caused by injury, surgery, illness, trauma, etc.

Chronic Pain: This type of pain usually lasts longer than 6 months. It is linked to conditions that include headache, back pain, nerve pain, etc.

Nursing Care Plan For Pain Example

In this part, you will find a detailed overview of a nursing care plan for pain and its diagnosis.

Example: A 30-year-old lady is admitted with vision loss in one eye. She is experiencing headaches. The patient received MRI scans which showed no tumors in her brain and was diagnosed with a retinal migraine.

Assessment

Diagnosis

Goal

Planning

Implementation

Evaluation

Subjective Data: The patient says "I am unable to see out of my left eye and experiencing a headache."

Objective Data: The nurse observed that the patient has retinal migraine.

Acute pain related to retinal migration. Patient pain rates 8-10 and is extremely sensitive to light, sounds. The patient's pain will be effectively managed to improve comfort and overall well-being.

1. To assess the patient's condition.

2. To access the vital signs.

3. To provide medicine as prescribed by a physician.

4. Provide main management techniques like distraction and relaxation.

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2. To access the vital signs.

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4. Provide main management techniques like distraction and relaxation
The patient's pain was reduced to some extent.

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Conclusion

I hope this nursing care plan will help you in your recent nursing project. If yes, please share it with your other friends and give positive feedback. If you have any queries related to this topic, please don't hesitate to ask us.