

(TONSILLITIS) NURSING CARE PLAN

Medical Diagnosis: Tonsillitis		
Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Sore throat >24-48 hrs • Difficulty/painful to swallow • Irritability • Refusing to drink/eat 	Assess vital signs	Get a baseline to determine if interventions are effective. Assess for fever which can lead to tachycardia, tachypnea, and elevated blood pressure
	Assess mouth/throat/nose	Look for any white spots/patches/pustules that may indicate infection. Assess for adequate airway clearance Assess for any post-nasal drip that could be causing the sore throat Assess nares for signs of infection/drainage
	Assess for signs of dehydration	Throat pain in children often causes them to refuse food and drink because swallowing is painful. *Note mucous membranes.
Objective Data: <ul style="list-style-type: none"> • Red/swollen tonsils • White spots/patches/pustules on tonsils • Fever • Enlarged/tender lymph nodes in the neck • Scratchy/muffled voice • Bad breath • Drooling 	Assess for pain using appropriate pain scale for age (FLACC / FACES) and provide non-pharmacological pain relief methods	Throat pain is the most common symptom of tonsillitis, but patients may not be able to verbalize complaints. Note nonverbal cues such as crying, mouth breathing, irritability, or refusal to eat or drink.
	Administer medications as appropriate	Viral tonsillitis requires only symptom management and will resolve on its own. Bacterial tonsillitis (strep) will require antibiotics. Give analgesics such as acetaminophen orally or rectally as appropriate for age, for pain relief.
	Prepare patient for and assist with surgery as required	Repeated infections or those that are resistant to treatment may require surgical removal of the tonsils.
	Encourage patient to eat and drink; avoid dairy products	It is important to maintain adequate nutrition to help the immune system fight off disease. Dairy products coat the throat and may cause the patient to cough which will further irritate the throat and cause pain, especially after surgery
	Provide patient and parent education for home care and prevention	Germs that cause tonsillitis is contagious. So teaching good hand hygiene is essential Wash his or her hands thoroughly and frequently, especially after using the toilet and before eating Avoid sharing food, drinking glasses, water bottles or utensils Replace his or her toothbrush after being diagnosed with tonsillitis