

# (MARFAN SYNDROME) NURSING CARE PLAN

## Medical Diagnosis: Marfan Syndrome

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> <li>• Difficulty seeing objects at a distance (nearsightedness)</li> <li>• Foot pain</li> <li>• Back pain</li> </ul>	<ul style="list-style-type: none"> <li>• Perform complete physical assessment</li> <li>• Auscultate heart and lung sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Get a baseline of data, note retractions or protrusion of sternum.</li> <li>• Listen for murmurs, leaky valves and abnormal breath sounds to determine progression of condition.</li> </ul>
	Assess and monitor vital signs	Get a baseline and monitor for elevated BP and heart rate that may indicate aortic injury or damage.
	Obtain 12-lead EKG and echocardiogram as appropriate	Monitor for signs of cardiac involvement, disease progression and determine cardiac function.
<b>Objective Data:</b> <ul style="list-style-type: none"> <li>• Disproportionately long arms, legs and fingers</li> <li>• Tall and thin body type</li> <li>• Curved spine (scoliosis)</li> <li>• Flexible joints</li> <li>• Flat feet</li> <li>• Crowded teeth</li> <li>• Stretch marks on skin (not related to weight changes)</li> <li>• Heart murmur</li> <li>• Retracted or protruding sternum</li> </ul>	Monitor x-rays, CT, MRI	Monitor for bone and joint deformities or malformations and monitor for spine curvature (scoliosis) to determine if braces, splints or other appliances are necessary.
	Assess vision using Snellen chart	Patients often have extreme nearsightedness. Assess the degree of vision impairment and make recommendations for ophthalmologist.
	Assess ROM and perform ROM exercises (AROM, PROM)	Assess and monitor flexibility and range of motion as exercises are important for maintaining strength and mobility.
	Cluster care and provide rest periods	Patients may have fatigue or an intolerance to activity due to medications or cardiac involvement of the condition. Provide periods of rest to promote normalized blood pressure and prevent injury.
	Administer medications appropriately and monitor for side effects: Beta blockers Calcium channel blockers Angiotensin receptor blocker	Medications are given to reduce the blood pressure and relieve the force of pressure on the aorta. The first-line medication is a beta blocker, but calcium channel blockers or angiotensin receptor blockers may be used in patients who are unable to tolerate beta blockers.
	Provide pre- and post- operative care as appropriate	Surgery may be required to stabilize or correct aorta or valve issues. Other surgeries may be to repair or treat sternum problems from retraction or protrusion or for eye surgeries to repair retina or lens displacement.  Provide appropriate care and education before and after surgery as required.

# (MARFAN SYNDROME) NURSING CARE PLAN

	Nursing Intervention (ADPIE)	Rationale
	Provide patient and parent education for safety and nutrition	Help relieve anxiety about the condition and promote safe activities.  Patients should avoid high risk activities and contact sports to prevent injury.  A balanced low-sodium diet is encouraged to protect the heart and reduce blood pressure.
	Provide patient education and support for self-image issues, especially in the adolescent and teen years, patients are often self-conscious about appearance	Help them to find beauty in themselves and offer information about resources and peer groups to build confidence and promote self-esteem.