

NURSING CARE PLAN

(Decreased Cardiac Output)

Medical Diagnosis: Decreased Cardiac Output

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Fatigue • Exhaustion progressing throughout the day • Exercise intolerance • Difficulty Sleeping • Chest pain with activity • Shortness of breath at rest or with exertion 	Physical Assessment	Assess for edema, difficulty breathing. Assess cardiac status by performing EKG. Look for any distended jugular veins. Auscultate for abnormal heart tones
	Monitor vital signs; capillary refill; peripheral pulses. Monitor I&O.	Most patients have compensatory tachycardia and significantly low blood pressure in response to reduced cardiac output. UOP may be decreased.
	Assess for chest pain and exacerbating factors	Low cardiac output can further decrease myocardial perfusion, resulting in chest pain.
Objective Data: <ul style="list-style-type: none"> • Decreased urine output • Diminished peripheral pulses • Cool, pallor skin; diaphoresis • Wheezes • Change in LOC • ↑HR; ↑RR • Hypotension 	Assess for reports of fatigue and reduced activity tolerance.	Fatigue and exertional dyspnea are common problems with low cardiac output states. Close monitoring of the patient's response serves as a guide for optimal progression of activity.
	Educate family and patient about the disease process	Early recognition of symptoms facilitates early problem solving and prompt treatment.