

# (SCOLIOSIS) NURSING CARE PLAN

Medical Diagnosis: Scoliosis		
Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> <li>• Shortness of Breath</li> <li>• Hip pain</li> <li>• Back pain</li> </ul>	Perform physical assessment noting abnormalities of the legs, shoulders, hips. Assess physical mobility	Determine a baseline for treatment and management of the condition. Determine severity by looking at the degree of curvature.
	Assess breathing patterns and auscultate breath sounds	Encourage deep breathing exercises and administer oxygen as necessary.  Patients with altered posture may have less than adequate lung expansion because of changes in the shape of the thoracic cavity. That can lead to respiratory infection and decreased lung function. Deep breathing exercises help improve lung inflation.
	Assess pain level with appropriate scale (FACES or number scale)	Help determine the best method for pain relief. The curvature of the spine can cause pressure on muscles, nerves, and spinal discs that result in pain.
<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>	Manage pain appropriately	Massage Heat / cold Positioning Medication  Non-pharmacological interventions are the first choice and often relieve pain well. When necessary, administer anti-inflammatory meds and analgesics as appropriate.
	Provide a range of motion exercises – AROM and PROM	Encourage strengthening of the muscles and flexibility. Promotes good posture. Prevent contractures and encourage mobility.
	Apply and educate patient parents in the use of braces	Properly used, a back brace can help relieve pain and provide stability for the spine. Ideally, the brace can help slow down the progression of the spinal curve, but it typically cannot correct it.

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	Assess skin for breakdown with use of a brace	Monitor for signs of skin breakdown or improper fit of brace that may cause sores, blisters, and excoriation. Preventing skin breakdown can help prevent infection.
	Reposition every 2 hours	Promotes effective breathing and prevents skin breakdown.
	Assist patient and parents with the plan for school and activities	The use of an appliance or brace may require certain changes to be made to activities. Promote independence and self-care. Develop a plan for school so that patients can move about and reposition frequently as needed to relieve pain and encourage mobility.
	Encourage regular monitoring	Patients with mild scoliosis may only require routine monitoring to make sure the condition is not getting worse.
	Provide pre- and post-op instructions and care	Patients with severe deformities may be eligible for surgery in which the spine is straightened with rods and screws. Prevent infection at the surgical site and promote early ambulation and range of motion exercises.
	Educate patient and parents regarding activities that should be avoided during treatment	Contact sports and high-risk activities should be avoided following surgery and while wearing a brace or appliance to prevent injury to the patient