

(MULTIPLE SCLEROSIS) NURSING CARE PLAN

Medical Diagnosis: Multiple Sclerosis

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Fatigue • Weakness • Pain • Numbness • Visual Disturbances • Mood swings 	Administer medications as ordered: Analgesics Muscle Relaxants	Analgesics can help with the aching joints, while muscle relaxants can calm some of the tremors and spastic muscles. Gabapentin is especially helpful.
	Educate patient on bowel and bladder training	Bowel and bladder training includes planning to go to the bathroom at specific intervals. This helps to minimize and avoid incontinence episodes.
	Ensure safety from falls in the home (move rugs, cords, etc.)	Decreased sensation peripherally combined with weakness means that the patient's response time will be diminished and their ability to catch themselves from falling is poor.
Objective Data: <ul style="list-style-type: none"> • Tremors • Bowel dysfunction • Constipation • Diarrhea • Bladder incontinence • Decreased peripheral sensation 	Check temperature on water and heating pads, educate patient to adjust max temperature on water heater at home.	Decreased sensation for pain and temperatures means that MS patients are at risk for burns because they can't feel how hot the water is. Turning the max temperature down can help to prevent this from happening.
	Educate patient on energy conservation techniques	Patients get fatigued easily, teach them to cluster their activities and provide frequent rest periods to conserve their energy for important tasks.