

(CHILDHOOD ASTHMA) NURSING CARE PLAN

Medical Diagnosis: Childhood Asthma

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Tightness or pain in the chest • Symptoms that are worse at night • Frequent headaches • Feeling weak or tired (especially later into an asthma attack) 	Assess respiratory status	Get a baseline to determine effectiveness of interventions and course of treatment. During attacks, patient will have tachypnea, wheezing and labored breathing, nasal flaring and/or retractions
	Position upright	Patients will need to sit upright to promote lung expansion and make air flow easier. Patients may often be found in the tripod position.
	Administer medications via nebulizer	Bronchodilators and corticosteroids can be helpful in reducing inflammation and swelling that makes breathing difficult. A nebulizer works well to deliver an adequate amount of medication into the lungs.
Objective Data: <ul style="list-style-type: none"> • Wheezing • Cough • Bronchospasms • Tachypnea • Tachycardia • Retractions • Dark circles under the eyes • Tripod positioning 	Assess patient's level of anxiety and provide relaxation techniques	Being unable to breathe causes anxiety which, in turn, causes even more constriction of the airways. Help relax.
	Educate patient and parents / caregivers on triggers and on how and when to use medications and rescue inhalers: Create an asthma action plan, instruct on use of peak flow meter, learn how to identify asthma exacerbation	Demonstrate use of inhaler with spacer for children over 5 years old.