

# Nursing School Guide

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by  NursingSOS



## CARE PLAN CHECKLIST

Hey there, friend!

If you're struggling with writing care plans, that ends today, my friend.

In this Care Plan Checklist, I'm walking you through exactly how to write perfect care plans, step-by-step.

Let's dive in!

All my best, Christina

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LEGAL DISCLAIMER: This nursing school guide is intended for educational purposes only. This is not medical advice and errors may occur. Never treat a patient or make a nursing or medical decision based solely on the information provided in this cheat sheet. Never practice nursing or medicine unless you have a proper license to do so.

# CARE PLAN CHECKLIST

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## ☐ Step 1

### **ASSESS YOUR PATIENT WELL AT CLINICAL**

Before you write your care plan, make sure you've assessed your patient first and know as much as you can about them.

Your nursing instructor most likely talked with your patients (*trust me*), so they will know if you're making things up on your care plan.

The best thing to do is to take notes for your care plan while you're at clinical. Write out your patient assessments and jot down some possible nursing interventions or patient goals.

Do as much at clinical as you can so that you can spend less time writing your care plans later AND you won't forget everything about your patients by the time you get home.

*And of course, always follow HIPAA guidelines when you're bringing home any information about your patients!*

## ☐ Step 2

### **SELECT THE BEST NANDA® NURSING DIAGNOSIS FOR YOUR PATIENT**

Now that you have all of the information you need on your patient, you'll be able to actually sit down and write your care plan.

And here's the best news: *you don't write the nursing diagnosis yourself!* You simply need to select from the list of NANDA® Nursing Diagnoses from your textbook. It really is that simple.

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Nursing Diagnoses are standardized; you don't make them up. So you just need to select from a list.

Make sure to pick the best one that's the most pertinent to your patient.

*Your nursing instructor will be grading you on how well you prioritize your nursing diagnoses, so always make sure to choose the ones that apply to your patient the most!*

## Step 3

### **WRITE THE “RELATED TO (R/T)” SECTION OF THE NURSING DIAGNOSIS**

This is where you'll write *WHY the problem is happening*; what's causing it.

It's important that this cause (the etiology) gets to the root cause of the problem. Because the rest of your care plan will be trying to solve for this underlying problem.

So when you write this r/t section, think through the pathophysiology of what's actually happening inside the patient's body.

Is their heart not pumping enough blood? Are their lungs filled with fluid and can't oxygenate the body properly?

*Think through the pathophysiology and try to get to the root of the problem.*

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## ☐ Step 4

### WRITE THE “AS EVIDENCED BY (AEB)” SECTION OF THE NURSING DIAGNOSIS

The AEB section is where you will list the signs and symptoms your patient has that relate to the problem.

These will need to provide evidence for your nursing diagnosis and justify to your instructor *WHY you chose that nursing diagnosis in the first place.*

So think back to your assessment of your patient, the nursing diagnosis you chose, and WHY you chose it.

*And list out your assessment findings here in the AEB section that show support for why you chose the nursing diagnosis that you did.*

## ☐ Step 5

### LIST OUT YOUR PATIENT GOALS

*Your nursing instructor will tell you how many patient goals you should have, so don't miss that.*

Typically, they'll want between 3-5 goals for each of your care plans.

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The patient goal section of the care plan is where you'll write out appropriate goals for your patient to help them make progress overcoming their nursing diagnosis.

For example, if their lungs are filled with fluid and they're not getting enough oxygen, your patient goal may be something like, "The patient will have an oxygen level above 90% consistently."

Make sure that all of the goals here are written as "The patient will..."

## ☐ Step 6

### WRITE OUT SEVERAL NURSING INTERVENTIONS

Just like the patient goals, your nursing instructor will probably want you to write several nursing interventions, too.

In this section, you'll *make a list of things that YOU (as the nurse) would do to help your patient achieve their goal.*

Using our example from before, if your patient goal was to help them maintain an oxygen level of above 90%, your nursing interventions could be to consult with respiratory therapy, encourage the patient to use an incentive spirometer, and to encourage an increase in fluid intake.

Your nursing interventions should be written as "The nurse will..."

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## ☐ Step 7

### **GIVE RATIONALES FOR YOUR NURSING INTERVENTIONS**

Most nursing schools will require you to give a rationale for each nursing intervention that you write. And it will need to be evidenced based.

I know it sounds tedious to do every time (*trust me, I get it*), but *this is REALLY where you can show your instructor that you know what you're talking about it.*

If you can provide a legitimate, well written, and well thought-out rationale for each of your nursing interventions, your care plan will stand out from your classmates.

And this is exactly what you want when your instructor is grading a thousand care plans each week. *You WANT yours to stand out!!*

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## ☐ Step 8

### EVALUATE YOUR PATIENT'S PROGRESS

The last column of your care plan is the evaluation column. *And thankfully, it's usually the easiest one.*

You'll simply write out if your patient met their goal or not.

If they did, great! You don't need to do anything else. Just move on to the next care plan you need to write.

If your patient didn't meet their goal, you'll write out what adjustments you would make to help them reach their goal next time.

*You can absolutely do this, friend!*

Care plans can be overwhelming in the beginning, but the more practice you get the easier they will be!

And to make them WAY easier for you, don't miss out on the pack of 50 done-for-you care plans inside the NMC!

You don't need to waste time struggling trying to write them by yourself. Simply get that pack of done-for-you care plans and use them as a guide as you write your own. It's going to save you a TON of time and a LOT of stress!!

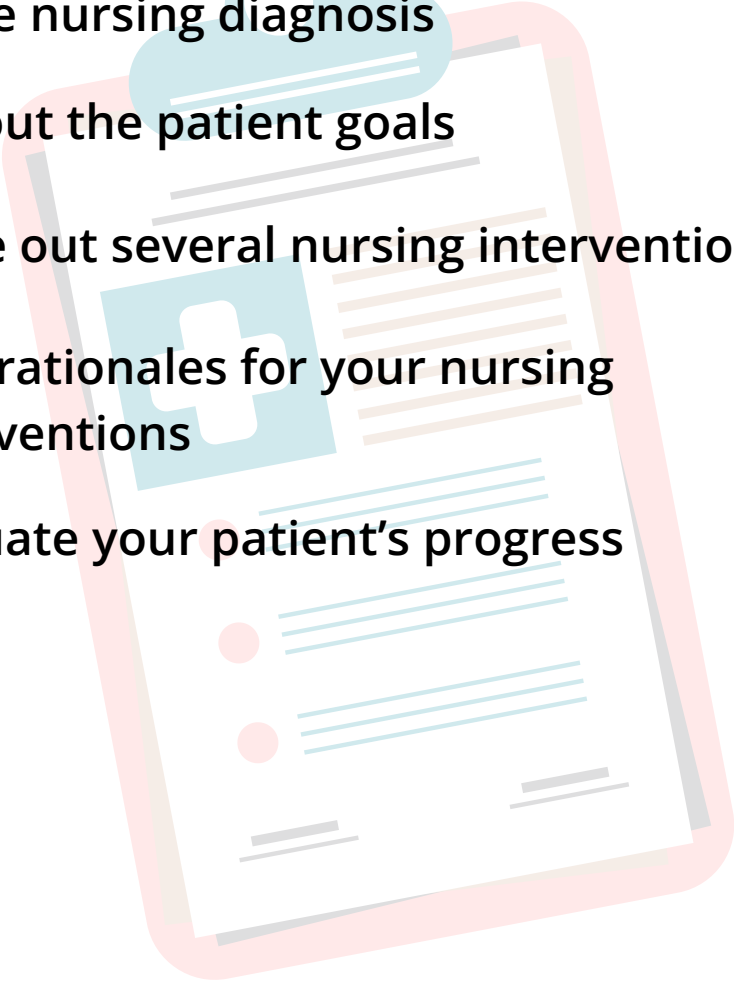
You're 100% capable of passing nursing school, my friend. And I'm here to make sure that it happens.

I'm so glad you're here!

*All my best, Christina*

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- ☐ **STEP 1:** Assess your patient *WELL* at clinical
  - ☐ **STEP 2:** Select the best NANDA® Nursing Diagnosis for your patient
  - ☐ **STEP 3:** Write the “related to (r/t)” section for the nursing diagnosis
  - ☐ **STEP 4:** Write the “as evidenced by (AEB)” section of the nursing diagnosis
  - ☐ **STEP 5:** List out the patient goals
  - ☐ **STEP 6:** Write out several nursing interventions
  - ☐ **STEP 7:** Give rationales for your nursing interventions
  - ☐ **STEP 8:** Evaluate your patient’s progress
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