

## Planning

The nursing process, known by the acronym ADPIE (assessment, diagnosis, planning, implementation and evaluation), is a five-step systematic approach to patient care using the fundamental principles of critical thinking, individualized patient approaches to treatment, goal-oriented tasks, and evidence-based practice recommendations. The planning step of the nursing process includes developing an individualized care plan tailored to the patient, setting short-and-long-term goals, and identifying expected outcomes using the SMART system, an acronym used to set realistic and specific goals, which stands for specific, measurable, attainable, realistic and time-oriented.



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### Nursing Care Plan

#### Tailored to Patient

##### Tailor-fitting Patient

Based on the nursing assessment and diagnosis, the next step in the nursing process is to create a nursing care plan. Care plans are a map for personalized care tailored to a patient's unique needs. The patient's overall health condition and other health issues or comorbidities play a role in the creation of a care plan. Care plans promote communication, documentation, and continuity of care.

#### Short-and-Long-Term Goals

##### Short and Long Goals

Constructing a care plan is centered around obtaining patient-specific goals to ensure a positive outcome. The nurse sets SMART goals (specific, measurable, attainable, realistic and time-oriented) for this plan, which are both short- and long-term goals. Examples of a short-term goal would include walking outside for 20 minutes three times per day; maintaining adequate nutrition for two weeks by eating 5 small, frequent meals. Long-term goals would include managing high blood pressure by keeping it at 120/80 through adequate medication and lifestyle for 6 months.

### SMART GOALS

#### Specific

##### Spicy-fist

The "S" in SMART stands for "specific." When creating a goal, it is important that it be specific to the individual patient and tailored to their needs, including their comorbidities, overall health status, and day-to-day life. The goal needs to be very clear and show who, what, when, where and why.

#### Measurable

##### Ruler

The "M" in SMART stands for "measurable," meaning that you can actually measure and evaluate the progress of that patient's goal in a concrete way.

#### Attainable

##### Attainable Goals on Stairs

The "A" in SMART stands for "attainable." This means there are actions that can be taken to reach the goal in a way that is patient-specific.

#### Realistic

##### Realistic-reel

The "R" in SMART stands for "realistic." This means that achieving the goal is realistic to the patient's lifestyle and ability, and the goal is realistic to achieve. <br>

#### Time-Oriented

##### Timer

The "T" in SMART stands for "time-oriented." This means that there is a specific end time frame or date which the goal is going to be evaluated.<br>