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.



PLAY PICMONIC

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.

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.

Sign up for FREE at picmonic.com