Nurses Content
Downloaded from nursescontent.com

Pain interfering with rest or activity Burn injury

Adult Health Nursing | Focused diagnosis-based template

For educational purposes only.

Fictional educational example. Individualize using verified patient findings, authorized treatment and current local protocols. No real patient record or observed outcome is claimed.

Clinical assessment

Subjective: Severe pain and concern about skin damage.

Objective findings and required checks: Burn depth and area require trained assessment; airway exposure and circulation need review.

Physical examination and investigations: Assess airway risk, burn area and depth, observations, perfusion and ordered investigations.

Supply actual values, units, timing and trends during supervised application. Do not invent missing clinical data.

Clinical focus and pathophysiology

Burn injury: Thermal injury disrupts the skin barrier and may cause major fluid shifts and systemic effects.

Medical / surgical management

Stop ongoing exposure, follow the burn-care pathway, protect wounds and provide prescribed analgesia and individualized fluid care.

Illustrative drug and treatment study

Nurses Content For educational purposes only. 1 / 6

Nurses Content
Downloaded from nursescontent.com

Medicine / treatment	Purpose	Nursing checks
Prescribed analgesic	Treat burn pain	Monitor breathing and sedation
prescribed IV fluid	Support significant burn resuscitation when indicated	Use the specialist plan and reassessment rather than an unsupervised formula.

Treatment examples are not a prescription. Verify the authorized product, dose, route, timing, contraindications and current local product information.

Nurses Content For educational purposes only. 2 / 6

Nurses Content
Downloaded from nursescontent.com

Focused nursing-problem template

Nursing diagnoses use original clinical problem wording. They are not the licensed NANDA-I classification. Verify any formal label or code against your institution's licensed current edition; select actual or risk diagnoses only when supported by assessment.

Context task: Establish the immediate clinical priorities and verify the baseline before assuming a diagnosis.

Set individualized measurable targets and an exact review time. Select actual or risk statements only when supported by assessment.

Assessment: subjective / objective	Nursing diagnosis: original problem wording	Short- and longer-term goals	Nursing interventions with rationale	Evaluation
Ask: Ask about pain site, onset, severity, quality and the patient's acceptable pain level. Assess: Observe guarding, expression and effect on movement; use an appropriate pain scale.	Pain interfering with rest or activity. Possible factors: tissue irritation, injury or the underlying condition. Validate against the patient's assessment.	Short-term: At the next patient-specific reassessment: Pain decreases toward the patient-agreed target after reassessment. Longer-term: Before the clinically approved transition or agreed follow-up: Uses agreed comfort strategies and explains when new or worsening pain needs review.	1. Assess pain and associated red flags before and after treatment. Rationale: Changing pain may signal a complication and helps evaluate relief. 2. Provide comfortable positioning, reassurance and appropriate non-drug measures. Rationale: Comfort measures can reduce distress and complement prescribed treatment. 3. Give prescribed analgesia and monitor sedation, breathing and other adverse effects. Rationale: Relief should improve function without creating medication-related harm. 4. Stop ongoing exposure, follow the burn-care pathway, protect wounds and provide prescribed analgesia and individualized fluid care. Rationale: Thermal injury disrupts the skin barrier and may cause major fluid shifts and systemic effects. The condition-specific plan addresses the underlying problem while response is monitored.	Record the baseline and reassessed finding, the time and whether this goal is met, partly met or not met. If not met, reassess causes and revise or escalate. Do not record an unobserved improvement.

Nurses Content For educational purposes only. 3 / 6

Nurses Content
Downloaded from nursescontent.com

Apply this template

Complete with verified data: assessment cues; supported actual problem or risk; measurable outcome and review time; selected authorized interventions and rationale; observed response and next action.

Subjective / objective cues: _____

Patient-specific target and review time: _____

Evaluation evidence and next action: _____

Nurses Content For educational purposes only. 4 / 6

Nurses Content
Downloaded from nursescontent.com

Health education and continuing care

Explain wound protection, infection signs, nutrition, rehabilitation and scar follow-up.

Transition only after clinical readiness is confirmed. Reconcile medicines, check access and caregiver support, and document who will review the patient and when.

Urgent warning signs

Facial burns with airway symptoms, smoke exposure, shock or circumferential limb compromise requires emergency specialist care.

Evaluation and conclusion

For each goal, document met, partly met or not met using observed evidence and the review time. Reassess and revise if progress is inadequate. Individual assessment, prioritized care and coordinated review guide this topic.

Quick Revision

- Thermal injury disrupts the skin barrier and may cause major fluid shifts and systemic effects.

- Priority concerns: Pain interfering with rest or activity.

- Facial burns with airway symptoms, smoke exposure, shock or circumferential limb compromise requires emergency specialist care.

- Explain wound protection, infection signs, nutrition, rehabilitation and scar follow-up.

Exam / viva: What assessment evidence supports this problem, and what measurable result would demonstrate improvement?

References

Nursing Fundamentals, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2024
https://wtcs.pressbooks.pub/nursingfundamentals/

Health Alterations - Open RN / WisTech Open, 2025

Nurses Content For educational purposes only. 5 / 6

Nurses Content
Downloaded from nursescontent.com

https://wtcs.pressbooks.pub/healthalts/

Nursing Pharmacology, 2e - Ernstmeyer & Christman (editors), Open RN / WisTech Open, 2023

https://wtcs.pressbooks.pub/pharmacology2e/

B.Sc. Nursing curriculum and regulatory notifications - Indian Nursing Council

https://www.indiannursingcouncil.org/gazette-notification

Original cases and care-plan wording by Nurses Content. Linked sources support further study; source terms and local clinical requirements apply. Prepared 23 November 2026. Not independently clinically peer reviewed.

Rights and reuse

Delivered by Nurses Content. Copyright claims apply only to original material owned by its authors. Medical facts, statutory exceptions and third-party/open licence rights remain unaffected. See the website's /policies/reuse/ page for terms.

Nurses Content For educational purposes only. 6 / 6