Nurses Content
Downloaded from nursescontent.com

Breathing difficulty affecting oxygenation Congenital heart disease support

Child 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: Tires and sweats during feeds and takes longer to finish.

Objective findings and required checks: Poor weight gain and respiratory effort; the specific cardiac lesion determines assessment and targets.

Physical examination and investigations: Review cardiology diagnosis, echo findings, growth, feeding and individualized oxygenation goals.

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

Clinical focus and pathophysiology

Congenital heart disease support: A structural cardiac lesion may alter circulation and increase cardiac work or reduce oxygen delivery.

Medical / surgical management

Coordinate cardiology care, pacing of feeds and prescribed nutrition/medicine plans; monitor fatigue and perfusion.

Nurses Content For educational purposes only. 1 / 6

Nurses Content
Downloaded from nursescontent.com

Illustrative drug and treatment study

Medicine / treatment	Purpose	Nursing checks
Prescribed cardiac medicine	Manage the specific lesion or heart-failure symptoms	Verify pediatric prescription and drug-specific monitoring
prescribed nutrition support	Meet energy needs safely	Monitor tolerance and growth.

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 breathlessness, chest tightness and activity tolerance. Assess: Record respiratory rate, effort, SpO2 and mental state against the prescribed target.	Breathing difficulty affecting oxygenation. Possible factors: altered ventilation or gas exchange. Validate against the patient's assessment.	Short-term: At the next patient-specific reassessment: Breathing effort improves and oxygenation remains within the individualized target. Longer-term: Before the clinically approved transition or agreed follow-up: Explains the respiratory action plan and demonstrates the prescribed device technique.	1. Reassess work of breathing and response to each intervention. Rationale: Trend changes identify deterioration earlier than a single reading. 2. Position to ease breathing, cluster care and allow rest. Rationale: This can reduce respiratory demand and distress. 3. Give oxygen and respiratory medicines only according to the clinical prescription or emergency protocol. Rationale: Individualized treatment supports oxygenation without unsafe blanket targets. 4. Coordinate cardiology care, pacing of feeds and prescribed nutrition/medicine plans; monitor fatigue and perfusion. Rationale: A structural cardiac lesion may alter circulation and increase cardiac work or reduce oxygen delivery. 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

Teach lesion-specific warning signs, feeding plan, medicine measurement and scheduled cardiology review.

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

New cyanosis, collapse, marked feeding intolerance or severe breathing difficulty needs urgent specialist assessment.

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

- A structural cardiac lesion may alter circulation and increase cardiac work or reduce oxygen delivery.
- Priority concerns: Breathing difficulty affecting oxygenation.
- New cyanosis, collapse, marked feeding intolerance or severe breathing difficulty needs urgent specialist assessment.
- Teach lesion-specific warning signs, feeding plan, medicine measurement and scheduled cardiology review.

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 conditions A to Z: external further reading - NHS
https://www.nhs.uk/conditions/

Nurses Content For educational purposes only. 5 / 6

Nurses Content
Downloaded from nursescontent.com

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