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Coping resources strained by illness or social stress Palliative care at home

Community Health Nursing | Focused diagnosis-based template

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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: Pain, fatigue and concern about burdening family.

Objective findings and required checks: Symptom and caregiver needs require review; goals of care guide interventions.

Physical examination and investigations: Assess symptoms, function, medicines, caregiver capacity and the documented goals and escalation plan.

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

Clinical focus and pathophysiology

Palliative care at home: Advanced illness can create physical symptoms and emotional, social and spiritual needs.

Medical / surgical management

Prioritize comfort, dignity, shared decisions and coordinated home/palliative-team support.

Illustrative drug and treatment study

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Medicine / treatment	Purpose	Nursing checks
Prescribed analgesic	Relieve pain according to the individualized palliative plan	Monitor effect, sedation, breathing and bowel needs
prescribed symptom medicine	Treat a defined symptom	Confirm route and caregiver instructions.

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

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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 stressors, strengths, support people and previous coping. Assess: Assess function, engagement and immediate safety needs.	Coping resources strained by illness or social stress. Possible factors: demands exceeding currently available support. Validate against the patient's assessment.	Short-term: At the next patient-specific reassessment: Chooses one feasible coping action and identifies a support person or service. Longer-term: Before the clinically approved transition or agreed follow-up: Has a realistic follow-up and support plan agreed with the care team.	1. Assess strengths and barriers collaboratively. Rationale: An individualized plan builds on resources the person can actually use. 2. Practice a simple coping strategy and divide tasks into achievable steps. Rationale: Small successes support confidence and participation. 3. Coordinate social, psychological or community support as indicated. Rationale: Practical barriers can limit recovery even when clinical treatment is available. 4. Prioritize comfort, dignity, shared decisions and coordinated home/palliative-team support. Rationale: Advanced illness can create physical symptoms and emotional, social and spiritual needs. 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.

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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: _____

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Health education and continuing care

Teach medicine administration only as authorized, comfort measures, support contacts and anticipatory planning.

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

Uncontrolled symptoms, unexpected deterioration or caregiver inability to provide safe care requires review according to the agreed escalation plan.

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

- Advanced illness can create physical symptoms and emotional, social and spiritual needs.
- Priority concerns: Coping resources strained by illness or social stress.
- Uncontrolled symptoms, unexpected deterioration or caregiver inability to provide safe care requires review according to the agreed escalation plan.
- Teach medicine administration only as authorized, comfort measures, support contacts and anticipatory planning.

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/

Nursing Mental Health and Community Concepts, 2e - Open RN / WisTech Open, 2025

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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

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