

<i>Program Title</i>	<i>Defining characteristics</i>	<i>Ongoing assessment</i>	<i>Therapeutic Interventions</i>	<i>Expected outcomes</i>
1. Risk for impaired skin integrity related disease process	+++Reddened, or opened areas on bony prominences +++Dry, flaky patches on body +++Blisters, discoloration +++Reddened, inflamed skin	+++Check bony prominences 2-3x/daily, +++Check for reddened areas, blisters +++Check for dry, flaky areas	<u>Step 1.</u> Shower 2-3x/weekly with Natural Oatmeal Soap (Bar or Liquid). Use Oatmeal Soap Sack to remove dry flaky skin. Alternate days with sponge baths using bed basin with natural Bath Salts or Bath Bomb . <u>Step 2.</u> Apply Natural Shea Lotion 2-3 x/daily to arms/legs/torso/face. <u>Step 3.</u> Apply Body Butter to body areas that are flaky or dry and let soak in.	+++Skin will maintain optimal integrity +++Dry, flaky patches will heal +++Reddened areas will heal. +++Patient will have a sensation of well-being.

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2. Impaired skin integrity R/T radiation burns	+++Reddened, inflamed moist skin +++Blisters +++May have superficial loss of tissue +++Dryness +++Hair loss may occur +++Late reaction: +++Thickening or atrophy of skin and malfunction of dermal glands	+++Check color, texture, turgor +++Check for blisters, blanching, open wounds +++Assess degree of pain +++Assess for odors +++Assess for adherent debris/hair	<u>Step 1.</u> Cleanse affected area gently with Natural Oatmeal Soap Bar or Liquid Soap 2x/daily. Do not use washcloth. Pat dry. <u>Step 2.</u> Apply a small amount of Bee Balm Body Rub or Body Butter to affected area 3x/daily. <u>Step 3.</u> When area is healed, continue with Natural Soap . <u>Step 4.</u> Apply Natural Shea Lotion 2-3 times daily. Continue Shea Lotion when area is healed.	+++Optimal skin integrity will be maintained.

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3. Altered mouth integrity related to dehydration, oxygen use	+++Medications, dry mouth ,edema +++Mouth breathing +++Bleeding, cracked, dry lips +++Spongy, patches or white, curdlike exudate +++Oral lesions, ulcers +++Pain, discomfort	+++Monitor lips and inside of lips daily +++Check daily for dryness, irritation. +++Blisters, bleeding	<u>Step 1.</u> Cleanse lips and inside of lips with warm water, use toothettes soaked in favorite drink to moisten mouth. <u>Step 2.</u> Apply Lip Butter 3-4x/daily and PRN, to lubricate lips and to prevent cracked, irritated skin; apply 3x/daily inside of lips if sores are present.	+++Pink, moist oral mucous membranes +++Food and fluid intake increases when patient is comfortable +++Patient will state increased comfort +++If applied as preventative, no irritated skin will occur +++Patient's lesions will show improvement or heal

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4. Altered body temperature related to infection, dehydration	+++Body temperature greater than 38 degrees C. +++Hot, flushed skin +++Diaphoresis +++Irritability	+++Check body temp every 8 hrs. +++As patient is near death, body temperature increases.	<u>Step 1.</u> Place 1-2 tsp. Bath Salts or 1/4 Bath Bomb in cool basin of water. Soak washcloth in water, then pat on arms, chest, torso. Place on forehead. <u>Step 2.</u> Follow with a light application of Body Parfait .	+++Lower body temperature +++Allows for a relaxing, soothing sense of well-being for patient and caregiver. +++Aromatherapy

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5. Anxiety related to change in health status or pain	+++Dry mouth +++Hot or cold flashes +++Muscle tension +++Flushing or pallor +++Diaphoresis	+++Monitor level of anxiety; mild/moderate/severe +++Assess coping mechanisms +++Pain management regime	<u>Step 1.</u> Apply washcloth soaked in basin of water with 1-2 tsp. of Bath Salts , or 1/2 Bath Bomb to face and areas of muscle tension. <u>Step 2.</u> Then, gently rub in Massage Bar to areas of muscle tension or may apply Shea Lotion to areas of muscle tension.	+++Body will relax with use of soothing salts. Muscle tension will be reduced with the warmth of oils penetrating deep tense muscle tissues. +++A sense of well-being for patient and caretaker will occur. Anxiety will be reduced.

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6. Tissue Perfusion, altered, (Peripheral) related to Atherosclerosis.	+++Pain. cramping +++Foot pain at rest +++Tenderness, especially feet +++Change in skin condition +++Ulcerated areas/gangrene +++Edema, shiny skin	+++Monitor bilateral lower extremities for: dry flaky areas redness, opened areas +++Warmth, edema	Foot care to prevent ulceration and infection: <u>Step 1.</u> Place feet in bath basin with tepid water. <u>Step 2.</u> Gently rub Sugar Scrub in circular motion 1x/daily to all areas of feet paying close attention to heels and in between toes. When sugar has dissolved, rinse feet in water, pat dry. <u>Step 3.</u> Apply a small amount of Foot Balm 2x/daily if dry, crusty areas are present. May alternated with a small amount of Body Butter to areas. <u>Step 3.</u> Place cotton socks on feet for 10-15 min. <u>Step 4.</u> When feet have healed, use Sugar Scrub 1x/weekly, and alternated Body Butter and Shea Lotion to feet 2x/daily for maintenance.	+++Bilateral feet and legs will be free of dry, flaky, reddened areas. +++Bilateral feet and legs will remain free of infection, ulceration. +++Optimal skin integrity will be maintained.

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7. Impaired skin Integrity related to dry, cracked feet and heels.	Heels are: +++Calloused, cracked +++Burning sensation +++Rough texture; dry, flaky +++Dry, flaky skin in between toes +++Redness between toes	Monitor feet for: +++Dry, flaky skin +++Redness, opened +++Sores, drainage +++Cracked areas of skin +++Temperature, texture, color	<p><u>Step 1.</u> Soak feet in bath basin with 1-2 tsp. Bath Salts or 1/4 Bath Bomb. 4x/weekly.</p> <p><u>Step 2.</u> Gently massage a small amount of Sugar Scrub to feet until sugar is dissolved, especially over the heels.</p> <p><u>Step 3.</u> Alternate every other day with Natural Bar or Liquid Soap. Pat feet dry.</p> <p><u>Step 4</u> Apply small amount of Foot Balm to cracked rough surface area. Apply once per day after bathing or Sugar Scrub application</p> <p><u>Step 5.</u> Place cotton socks on for 10-15 minutes, to allow it to absorb.</p> <p><u>Step 6.</u> Once feet and heels are smooth, continue with Sugar Scrub 1x/weekly and clean feet daily with Natural Bar Soap.</p> <p><u>Step 7.</u> Apply Natural Shea Lotion or Body Butter 1x daily.</p>	+++Heels will be smooth, with no cracked, calloused skin +++Heels will be free of infection. +++Optimal skin integrity will be maintained.

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8. Impaired Skin Integrity related to Pruritus (itching), Xerosis (dry)	+++Dry, itchy skin flaky patches +++Blisters developing into itchy, thickened patches +++Scratching, redness +++Restlessness +++Presence of scratch marks	Solicit verbal description of itchiness: +++Location, size, shape, color, texture, temperature +++Pattern (continues/intermittent) +++Observe skin for evidence of scratching.	<p><u>Step 1.</u> Bath or shower in tepid water only. Use Natural Bar or Liquid Soap to cleanse skin 1x/daily. Use Sugar Scrub or Soap Sack for extra dry/flaky skin. (The Sugar Scrub or Soap Sack will exfoliate dead skin cells, and allow for daily skin renewal). Pat dry.</p> <p><u>Step 2.</u> Apply Natural Shea Lotion to entire body after bathing; or 2x/daily and as needed.</p> <p><u>Step 3.</u> For extremely dry areas, use Body Butter, sparingly, allow it to soak into skin for 5-10 minutes.</p>	+++Pruritus (itching) will be resolved. +++Xerosis (dry skin) will be resolved +++Skin will be healthy, supple, with soft texture. +++A sense of well-being will occur. +++ <u>Risk for infection will be resolved.</u>

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9. Potential skin integrity, altered, related to the aging process and physical immobility.	+++Reddened or opened areas on bony prominences (decubitus) +++dry, flaky patches on body blisters, discoloration	+++History of skin problems, as dermatitis, trauma, pressure ulcers +++Check color, texture, turgor +++Check elasticity, sensation, moisture +++Check for presence of edema +++Check condition of nails	<u>Step 1.</u> Shower 2-3x/weekly with Natural Bar or Liquid Soap , using loofah, washcloth, or Soap Sack . Rinse thoroughly and pat skin dry. <u>Step 2.</u> Apply Natural Shea Lotion to arms/legs/torso. If body areas are flaky or extremely dry, apply Sugar Scrub to flaky area and Body Butter to extra dry areas. <u>Step 3.</u> Apply Lotion every 8 hrs. and PRN(or every shift) especially to lower extremities to maintain hydration. <u>Step 4.</u> Increase tissue perfusion by massaging around bony prominences or affected area (massaging reddened area may damage skin further).	+++Skin will be free of infection. +++Optimal skin integrity will be maintained. +++No decubitus will occur.

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10. Impaired skin integrity related to generalized Psoriasis	<p>+++Well - demarcated red plaques with loosely adherent silvery scales</p> <p>+++Pinpoint bleeding noted when scales removed with fingernail (Auspitz's sign)</p> <p>+++Pitting of fingernails and rarely, toenails</p> <p>+++Rarely, pustules on palms, feet, and sometimes generalizes areas</p>	<p>+++assess for presence of lesions</p> <p>+++note size, shape, color of lesions</p> <p>+++note texture, temperature</p> <p>+++Distribution: common plaque distribution = elbows, knees, scalp, genitalia, upper gluteal folds</p> <p>+++check skin daily for increased thinning, redness, inflammation or pustules (all treatments potentially irritations)</p>	<p><u>Step 1.</u> Bath daily with Natural Oatmeal Bar Soap. in tepid water and with 1 Tbs. of Bath Oatmeal Salts. Pat dry (do not rub).</p> <p><u>Step 2.</u> While daily bathing with skin damp, apply a small amount of Sugar Scrub to affected areas. Very gently, in a circular motion with fingers, smooth in Sugar Scrub until dissolved. Rinse off and pat dry (do not rub).</p> <p><u>Step 3.</u> Apply Body Butter or Bee Balm Body Rub (if more severe condition exists) to affected areas 2x's /daily (once after bathing).</p> <p><u>Step 4.</u> Apply Shea Oatmeal Lotion 2x's /daily on intact skin.</p> <p><u>Step 5.</u> When areas have cleared, continue using Natural Oatmeal Bar Soap 1x/daily, Shea Oatmeal Lotion - 2x's/daily, Body Butter and Sugar Scrub on affected area 1x daily</p>	<p>+++Optimum level of skin integrity will be maintained</p> <p>+++ Risk for infection will resolve</p> <p>+++Scales, lesions will heal</p>

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11. Ineffective breathing pattern related to congestion, respiratory/sinus infections, allergies, headaches due to sinus infections	+++ nasal congestion/stuffiness +++ localized headache +++ generalized malaise/fatigue +++ nonproductive cough +++ muscle/ joint pain/temperature +++ dyspnea/shortness of breath +++ wheezes/tightness of chest	+++ Monitor for changes in respiratory status including rate, depth change +++ Lung auscultation: assess for wheezes/rales/rhonchi +++ Assess for productive cough: amount of sputum expectorated, frequency, color +++ Assess temperature every 4-8 hrs. +++ Assess for nasal drainage	For nasal congestion/stuffiness: <u>Step 1.</u> In AM/PM and PRN; apply a small amount of Belle's Vapor Rub around and in nostrils, take 4-5 deep breaths For headache: <u>Step 1.</u> When needed apply small amount of Belle's Vapor Rub to areas of discomfort, lay down/relax for 20 minutes. For tightness of chest: <u>Step 1.</u> When needed rub in Belle's Vapor Rub liberally to chest and throat For additional congestion, respiratory/sinus relief: <u>Step 1.</u> Dissolved ½ to 1 tablet of Bath Bomb – Wakeup (blend of eucalyptus and peppermint essential oils) into water and place in vaporizer. Applicable when needed.	+++Nasal stuffiness will be relieved in 20 minutes. +++Nasal congestion will be resolved, depending on severity. +++Coughing: cough will become productive-- loosening secretions +++Headache will diminish +++Tightness in chest will be relieved. Breathing will be easier. +++A sense of well being and relaxation will occur within 20 minutes to 48 hrs.

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<p>12. Anxiety related to situational crises</p>	<p>Physiological: +++ increase in B/P, pulse, respiration +++ flushing/dyspnea/palpatations +++ dry mouth/headaches/nausea +++ perspiration/frequent urination +++ Restlessness/pacing/trembling +++ feelings of helplessness/discomfort +++ insomnia/nightmares</p> <p>Behavioral: +++ feelings of inadequacy +++ difficulty concentrating +++ expressions of helplessness +++ preoccupation</p>	<p>+++ assess patient's level of anxiety + mild = enhances awareness and ability to identify and solve problems + moderate = limits awareness of environmental stimuli/problem-solving=difficult + severe = decreased ability to solve problems/integrate information + panic = unable ot follow directions/agitation&immobolization may occur +++ assess coping skills. This assessment helps determine the effectiveness of coping strategies currently used by patient</p>	<p>Acknowledge awareness of patient's anxiety: Assist patient in developing anxiety-reducing skills which include: <u>Step 1.</u> Massage Lavender Shea Lotion in areas of tension: neck/shoulders/arms/face/legs during episodes of mild to moderate anxiety <u>Step 2.</u> If patient is up as tolerated, place 1 Lavender Bath Bomb under running bath water. Allow patient to soak in tub for 20 minutes. After bathing, massage Shea Lotion to neck/arms/lower extremities. Allow for a quiet environment. If patient is bedbound, place 1/4 to 1/2 Lavender Bath Bomb in basin of warm water. With a washcloth soaked in water, gently wash face/arms/torso/lower extremities. Place wet washcloth over forehead and eyes. <u>Step 4.</u> For patients with severe anxiety and panic episodes, massage Shea Lotion to temples/arms/fingers/lower extremities; and throughout day/evening when patient is calm. <u>Step5.</u> Educate family members/caretakers in use of massage to reduce levels of anxiety.</p>	<p>+++ patient will describe a reduction in the level of anxiety experienced +++ patient will have a decreased level of anxiety related to aromatherapy +++ family will have a reduction in anxiety related to patient's calmness</p>

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13. Disturbed sleep pattern related to pain/discomfort	<p>+++ Verbal complaints of difficulty falling asleep/or not feeling rested</p> <p>+++ Interrupted sleep</p> <p>+++ Restlessness/irritability /dozing</p> <p>+++ Altered facial expression (blank look, fatigued appearance)</p> <p>+++ Altered mental status</p> <p>+++ Difficult in arousal</p>	<p>+++ Sleep patterns are unique to each individual. Assess past patterns of sleep in normal environment: amount, bedtime rituals, depth, length, positions, aids, interfering agents</p> <p>+++ Document nursing or caregiver observations of sleeping and wakeful behaviors</p> <p>Note <u>physical</u> (noise, pain, discomfort, urinary frequency and/or <u>psychological</u> (fear, anxiety) circumstances that interrupt sleep.</p> <p>+++ Evaluate timing or effects of medication that can disrupt sleep</p> <p>+++ Assess patient's perception of cause of sleep difficulty and introduce the following relief measure to facilitate treatment:</p>	<p><u>Step 1.</u> Hold a Massage Bar or Shea Lotion in the palms of hand, allow to warm until soften. Gently massage bar into neck/arms/back//hands/fingers/legs/feet/toes</p> <p>Ensure the environment is quiet. Perform treatment every night prior to sleep.</p>	<p>+++ The patient will feel safe and secure with family member and/or caretaker near</p> <p>+++ Massaging will allow for relaxation and muscle tension relief</p> <p>+++ A feeling of well-being will occur with the aromatherapy</p> <p>+++ Aromatherapy will help relax family member and/or caretaker.</p> <p>+++ Essential oils from the massage bar will penetrate the skin and a feeling of warmth in muscles will occur</p>

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14. Comfort, Altered related to Disease Process	+++ Patient report pain +++ Guarded behavior, protecting body part +++ Facial mask of pain +++ Alteration in muscle tone: listlessness or flaccidness; rigidity or tension +++ Autonomic responses: diaphoresis, change in B/P, pulse/respiration rate, pallor, nausea, pupillary dilation	assess pain characteristics: quality: sharp, burning, shooting, severity: scale of 1-10, with 10 being the most severe +++ Location: anatomical description +++ Onset: gradual or sudden +++ Duration: how long, intermittent, or continuous +++ Monitor color, moisture of skin, restlessness, and ability to focus +++ Assess patient's knowledge of the effectiveness of nonpharmacological methods. Many patients would like to try other methods, with or instead of traditional analgesic. +++ Assess patient's willingness or ability to explore a range of techniques aimed at controlling pain. Patients need to be informed there are multiple ways to manage pain. +++ Determine nonpharmacological methods including cutaneous stimulation as follows:	<u>Step 1.</u> Gently massage in Lavender Shea Lotion to affected area(s) every 3-4 hours in conjunction with pain management regime. May also massage Shea Lotion as desired. <u>Massage decreases muscle tension and can promote comfort. The goal of this technique is to reduce tension, subsequently reducing pain.</u> <u>Step 2.</u> Hot, moist compresses: Add 1/2 Lavender Bath Bomb to a basin of hot water. Wet a washcloth in basin, wring out, apply to affected area when ordered.. <u>The warmth rushes blood to the affected area to promote healing.</u> Cold compresses: Add 1/2 lemon-citrus Bath Bomb to a basin of cold water. Wet a washcloth in basin, wring out, apply to affected area(s) when ordered. <u>Cold compresses may reduce local edema and promote some numbing, thereby promoting comfort.</u> <u>Step 3</u> Hold a Lavender Ylang Ylang Massage Bar between palms of hands until soft. Massage into affected area (s) for 5-10 minutes. The oils will penetrate the skin bringing a sensation of warmth to the area(s). <u>This technique will promote comfort and relaxation.</u>	+++ Massage will decrease muscle tension and promote comfort +++In conjunction with a pain management regime, massage will decrease anxiety, thus controlling pain +++ A sense of well-being will occur

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<p>15. Anxiety related to situational crisis</p> <p><u>Associated Medical Diagnosis:</u></p> <p>Alzheimer's Disease; Multi-Infarct Dementia {MID}</p>	<p>Non Aggressive behaviors:</p> <p>+++ wandering, pacing +++ restlessness, increased motor activity +++ climbing out of bed +++ changing clothes, disrobing +++ pulling at dressings, tubes +++ handwringing, trembling +++ fidgeting, fear +++ insomnia, impaired attention</p>	<p>Assess cognitive factors:</p> <p>+++ impaired concentration +++ coping and problem-solving ability +++ decreased response to redirection +++ orientation to time, place, person +++ insight regarding current situation +++ short and long term memory</p> <p>Assess physical factors:</p> <p>+++ physical discomfort +++ sensory overload (over stimulation) +++ change in body posture (increased muscle tension, making fists, guarding self) +++ sleep patterns +++ dietary and nutritional status +++ ability to perform activities of daily living</p>	<p>Have patient sit in a quiet environment and remain with patient Establish a daily routine as patient allows. Involve family members in routine when possible</p> <p><u>Step 1.</u> Daily, place 1 Lavender Bath Bomb in basin of tepid water. Allow patient to soak feet in basin for 10 -15 minutes, pat feet dry.</p> <p><u>Step 2.</u> Gently massage Lavender Shea Lotion into both feet, massaging the entire foot, ankles, and lower legs Continue to massage lavender shea lotion into fingers, hands, arms. May substitute Lavender Ylang Ylang Massage Bar for the lotion.</p>	<p>+++ soaking feet will promote relaxation +++ massaging will allow for muscle tension relief +++ relaxation will help decrease wandering, pacing +++ a sense of well-being will occur +++ aromatherapy will decrease anxiety +++ the patient will feel safe and secure with caretakers and/or family nearby, decreasing feeling of fear +++ relaxation will help promote regular sleep patterns</p>

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16. Impaired Skin Integrity related to dry skin under the sun	+++Dry, itchy skin flaky patches +++Blisters developing into itchy, thickened patches +++Scratching, redness +++Restlessness +++Skin irritation from sun burned skin	Solicit verbal description of itchiness: +++Location, size, shape, color, texture, temperature +++Pattern (continues/intermittent) +++Observe skin for evidence of scratching.	<p><u>Step 1.</u> Bath or shower in tepid water only. Use Natural Bar or Liquid Soap to cleanse skin 1x/daily. Pat dry.</p> <p><u>Step 2.</u> Apply Natural Shea Lotion to entire body after bathing; or 2x/daily and as needed.</p> <p><u>Step 3.</u> For the face, use Face Cream with UV protection prior to going out into the sun, while in the sun and to cool the face after being in the sun.</p> <p><u>Step 4.</u> To the lips, apply Lip Butter with UV several times daily, more frequently as increase exposure to the sun.</p> <p><u>Step 5.</u> Apply Parfait if skin care becomes slightly red or sunburned. May also help prevent sunburn. Apply with finger tips in a circular motion on the skin</p>	+++Xerosis (dry skin) will be resolved +++Skin will be healthy, supple, with soft texture +++ Help protect skin from UVA/UVB rays of the sun +++ relief from pain of minor sun burn will occur +++A sense of well-being will occur. +++ <u>Risk for infection will be resolved.</u>