

Abdominal Pain

1.0.5

Care Plans

Adult




Abdominal Pain Care Plan

Reason / Problem UpToDate 

Abdominal Pain

Risk Factors UpToDate UpToDate

Condition/Disease:

- Acute abdominal condition 
- Advanced age 
- Chronic abdominal condition
- Comorbidities
- Congenital anomaly
- Critical illness
- Female gender 
- Gastrointestinal dysfunction
- Genitourinary dysfunction
- Impaired circulation
- Nutritional factors
- Pregnancy
- Substance abuse withdrawal/toxicity

Therapy-Related:

- Abdominal surgery
- Medications UpToDate UpToDate

Assessment UpToDate

Functional:

- Change in eating habits

Health Behavioral:

- Exposure to poisons and/or toxins

Physiological:

- Abdominal cramping or pain
- Abdominal distention and/or bloating
- Abdominal rigidity
- Abnormal diagnostic test results
- Altered vital signs
- Constipation
- Decreased bowel sounds
- Dyspepsia
- Dysuria

Abdominal Pain

Excessive gastrointestinal output
Heartburn or epigastric pain
History of abdominal trauma or injury
Hyperactive bowel sounds
Irregular menses
Nausea and vomiting
Pulsatile abdominal mass
Recent surgery
Urinary frequency
Urinary retention
Vaginal discharge

Expected Outcomes UpToDate

Activity:

Risk for activity intolerance will decrease
Monitor signs of activity intolerance

Bowel/Gastric:

Bowel function will improve
Assess abdomen UpToDate
Manage underlying cause of condition +
Diagnostic test results will improve
Evaluate diagnostic test or procedure UpToDate +
Occurrences of nausea will decrease
Occurrences of vomiting will decrease
Manage nausea and/or vomiting UpToDate

Cognitive:

Knowledge of disease or condition will improve
Teach information regarding disease process or condition UpToDate UpToDate UpToDate UpToDate
Explain preoperative care and/or procedures + +
Ability to state and carry out methods to decrease the pain will improve
Explain pain control measures + B
Teach comfortable positioning

Fluid Volume:

Maintenance of adequate hydration will improve
Provide fluid volume management
Evaluate signs and symptoms of dehydration

Health Behavior:

Ability to state signs and symptoms to report to health care provider will improve
Encourage reporting changes in condition
Encourage participation in health care plan

Abdominal Pain

Physical Regulation:

Complications related to the disease process, condition or treatment will be avoided or minimized

Monitor for complications

Ability to maintain clinical measurements within normal limits will improve

Provide symptom management

Evaluate response to treatment

Sensory:

Ability to identify factors that increase the pain will improve

Identify factors that precipitate, worsen or relieve pain or discomfort

Ability to notify healthcare provider of pain before it becomes unmanageable or unbearable will improve


Report inadequate pain control to health care provider

Pain level will decrease

Assess pain status

Monitor patient's response to pain

Provide pain control measures

Evaluate effects of pain control measures 

Evaluation

Activity:

Risk for activity intolerance has

Bowel/Gastric:

Bowel function has

Diagnostic test results have

Occurrences of nausea have

Occurrences of vomiting have

Cognitive:

Knowledge of disease or condition has

Ability to state and carry out methods to decrease the pain has

Fluid Volume:

Ability to maintain adequate hydration has

Health Behavior:

Ability to state signs and symptoms to report to health care provider has

Physical Regulation:

Complications related to disease process, condition or treatment have been avoided or minimized

Ability to maintain clinical measurements within normal limits has

Sensory:

Ability to identify factors that increase the pain has

Ability to notify healthcare provider of pain before it becomes unmanageable or unbearable has

Pain level has

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