

# Nursing Care Plan For Fracture

Assessment	Diagnosis	Goals	Intervention	Rationale	Evaluation
<b>Subjective Data</b> <ul style="list-style-type: none"><li>• "I have severe pain in my right leg."</li><li>• "I can't move or stand."</li><li>• "I'm scared about walking again."</li></ul> <b>Objective Data</b> <ul style="list-style-type: none"><li>• Swelling, redness</li><li>• X-ray: Tibia fracture</li><li>• Difficulty moving</li></ul>	<ul style="list-style-type: none"><li>• Acute pain</li><li>• Impaired mobility</li><li>• Risk of infection</li><li>• Fear and anxiety</li></ul>	<b>Short-term Goals:</b> <ul style="list-style-type: none"><li>• Pain will reduce in 2 days</li><li>• Swelling will go down</li></ul> <b>Long-term Goals:</b> <ul style="list-style-type: none"><li>• Walk with support in 4–6 weeks</li><li>• Understand fracture care</li></ul>	<ul style="list-style-type: none"><li>• Check pain level &amp; give medicine</li><li>• Elevate leg &amp; apply cold pack</li><li>• Teach cast care</li><li>• Encourage light limb movement</li><li>• Give emotional support</li></ul>	<ul style="list-style-type: none"><li>• Pain relief aids healing</li><li>• Cold reduces swelling</li><li>• Clean cast prevents infection</li><li>• Exercise keeps muscles active</li><li>• Support reduces fear</li></ul>	<ul style="list-style-type: none"><li>• Pain reduced to 2/10</li><li>• Swelling decreased</li><li>• Can move other limbs</li><li>• Knows cast care steps</li></ul>



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Client: \_\_\_\_\_  
Care Plan initiated by: \_\_\_\_\_  
Date: \_\_\_\_\_

Assessment	Nursing Diagnosis	Goals and Outcomes	Nursing Interventions	Rationale	Evaluation

# Patient Profile

- **Name:** Suraj Singh
- **Age:** 28 years
- **Gender:** Male
- **Occupation:** Delivery Boy
- **Address:** Lucknow, Uttar Pradesh
- **Marital Status:** Unmarried
- **Admission Date:** 1 July 2025
- **Diagnosis:** Closed fracture of right leg (tibia)
- **Medical History:** Road accident while riding bike
- **Allergies:** No known allergies
- **Weight:** 66 kg
- **Height:** 172 cm

# Assessment

## **Subjective Data:**

- "I have severe pain in my right leg."
- "I can't move or stand on my leg."
- "I feel scared thinking about walking again."

## **Objective Data:**

- Swelling and redness at fracture site
- X-ray confirms fracture of right tibia
- Pulse: 90 bpm, BP: 124/80 mmHg
- Difficulty in moving limb
- Limping and muscle weakness

# **Nursing Diagnosis:**

- Acute pain related to fracture and tissue injury
- Impaired physical mobility due to fracture and cast
- Risk of infection related to immobilization and poor hygiene
- Fear and anxiety related to injury and recovery

# Goals

## **Short-term Goals:**

- Patient will report decreased pain level within 2 days
- Swelling and redness will reduce at the fracture site

## **Long-term Goals:**

- Patient will regain ability to walk with support in 4–6 weeks
- Patient will demonstrate understanding of fracture care and precautions

# Interventions

- Assess pain level and give prescribed pain medicine
- Elevate the leg and apply cold packs to reduce swelling
- Educate about keeping the cast clean and dry
- Encourage gentle exercises for unaffected limbs
- Provide emotional support and explain recovery steps

# Rationales

- Pain relief improves comfort and promotes healing
- Cold and elevation help reduce swelling and inflammation
- Clean cast prevents infection and skin issues
- Exercise helps maintain strength and circulation
- Support reduces anxiety and increases confidence



# Evaluation

- Patient reports pain level as 2 on a scale of 10
- Swelling and redness decreased after 2 days
- Patient performs light movements with unaffected limbs
- Patient explains how to care for the cast and avoid pressure

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