

Cabrillo College ADN Program  
**Client Care Plan based on the Nursing Process & the Neuman Systems Model**

| <p style="text-align: center;"><b>ASSESSMENT</b></p> <p style="text-align: center;">Cluster data (ID'd as<br/> "Defining characteristics in<br/> Ackley)</p>  | <p style="text-align: center;"><b>NURSING DIAGNOSIS</b></p> <p style="text-align: center;">(1) Nursing Diagnosis per pg<br/> with a related to clause and<br/> as evidenced by</p>  | <p style="text-align: center;"><b>EXPECTED OUTCOMES<br/>(GOALS)</b></p> <p style="text-align: center;"><i>The client will...</i><br/> Must be measurable</p>  | <p style="text-align: center;"><b>NURSING INTERVENTIONS<br/>(at least 3 interventions)</b></p> <p style="text-align: center;"><b>SCIENTIFIC RATIONALE</b><br/> Why the intervention should work</p>  | <p style="text-align: center;"><b>EVALUATE OUTCOMES</b></p> <p style="text-align: center;">Was the <b>Outcome</b> met?<br/> Evidence and<br/> suggested change</p>  |
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| <p>Client <b>assessment and data gathering</b> are used to:</p> <ul style="list-style-type: none"> <li>• Assess condition of basic structures</li> <li>• Assess internal &amp; external environments</li> <li>• Assess &amp; classify potential or actual stressors</li> <li>• Assess internal &amp; external resources for defense and resistance (strength &amp; weaknesses)</li> <li>• Attention to all five variables: physiological, psychological, sociocultural, development &amp; spiritual</li> <li>• Data specific to this particular Nursing Diagnosis.</li> </ul> | <p>Client information is analyzed to:</p> <ul style="list-style-type: none"> <li>• State clearly, succinctly the <b>problem using nursing language</b> such as NANDA diagnosis</li> <li>• Identify variances for wellness</li> <li>• Identify client needs &amp; problems</li> <li>• Identify discrepancies or distortions between client &amp; caregiver perceptions</li> <li>• Attention is paid to all five variables</li> </ul> | <p>Caregiver negotiates with client to:</p> <ul style="list-style-type: none"> <li>• Identify &amp; prioritize desired outcomes for the person</li> <li>• Plan steps to address the person's needs</li> <li>• State goals in terms of <b>measurable outcomes</b> and <b>specific time frame</b></li> <li>• Goals should reflect the five variables, the client's stability needs and available resources</li> </ul> | <p>Nursing interventions are <b>based on scientific rationale</b> and accomplished through one or more prevention levels:</p> <ul style="list-style-type: none"> <li>▪ Primary prevention—retain system stability, prevent stressor damage, strengthen resources</li> <li>▪ Secondary prevention – attain system stability, manipulate/reduce stressors, mobilize resources</li> <li>▪ Tertiary prevention – maintain system stability, assist restoration to optimal level of functioning possible</li> </ul> | <p>Caregiver and client collaborate to <b>evaluate outcomes.</b></p> <ul style="list-style-type: none"> <li>• Assess whether desired outcomes were achieved or not</li> <li>• Assess person's response to interventions</li> <li>• Determine potential new short, intermediate and long term goals.</li> <li>• Determine need to modify, change or terminate outcome</li> </ul> |