

NURSING CARE PLAN No 3E
HEART RHYTHM DISORDER - ARRHYTHMIA

Full Name:
Address: Addressograph
HCR.....

Care Plan No 3E Problem		HEART RHYTHM DISORDER ARRHYTHMIA	Issue Date: November 2020	Review Date: November 2023
<ul style="list-style-type: none"> is having continuous Cardiac Arrhythmias is Potential to have Cardiac Arrhythmias Related to.....		<ul style="list-style-type: none"> Identify Cardiac Arrhythmia Cardiac needs will be supported Cardiac Arrhythmias will be detected and treated Prevent recurrence of Cardiac Arrhythmia 		
No	NURSING INTERVENTION		Commencement, Date, Signature, Time, Grade	Discontinued, Date, time, Signature, Grade
1	OBSERVATION			
	Identify ECG in a monitored patient. <ul style="list-style-type: none"> Appropriately place Leads to patient. On Lead II. Identify normal sinus rhythm i.e. p wave followed by QRS Ensure ECG dots secure to skin, appropriate placement change sites regularly Ensure appropriate heart rate alarm is on Report any arrhythmia to shift leader/ doctor as clinically indicated Notify the Doctor if a change in pulse pattern or rate occurs in an unmonitored patient/monitored patient. Provide adequate Oxygen and reduce heart workload while carefully maintaining metabolic, neurologic, respiratory and hemodynamic status. 			
2	TYPE OF ARRHYTHMIA			
	Obtain an ECG Tracing (if ordered), to confirm and identify the type of Arrhythmia present. <ul style="list-style-type: none"> Supra Ventricular Tachycardia (SVT) Sinus Bradycardia Sinus Tachycardia Heart Block Type_____ Atrial Flutter Ectopic beats Type_____ Others _____			
3	HEAMODYNAMIC MONITORING			
	Observe for side effect / compromise due to cardiac arrhythmia <ul style="list-style-type: none"> Hypotension (<i>continuous monitoring on Cardiac monitor</i>) Decreased perfusion (<i>examine child</i>) <ul style="list-style-type: none"> Prolonged capillary refill Decreased strength of pulses Decreased warmth of extremities Decrease colour i.e. pallor, mottled, dusky, cyanosis Change in conscious level Carry out appropriate laboratory Blood works. i.e. U and E's 			
4	MEDICATION MANAGEMENT			
	Be prepared to initiate Cardiopulmonary Resuscitation, if indicated, when a life threatening arrhythmia occurs. <ul style="list-style-type: none"> Emergency Drug computations on hand according to wt. Answer alarms on monitor. Anti-Arrhythmic medications charted. 			

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5	EVALUATION	Commencement , Date, Signature, Time, Grade	Discontinued, Date, time, Signature, Grade
	<ul style="list-style-type: none"> • Monitor for predisposing factors such as: <ul style="list-style-type: none"> ▪ Fluid and electrolyte imbalance ▪ Acidosis if blood gas sample taken i.e. capillary ▪ Signs of drug toxicity • Evaluate the monitored patients ECG regularly for Arrhythmias. • Administer medication as ordered, monitor for adverse effect and perform nursing interventions related to monitoring vital signs, hemodynamic monitoring, and appropriated lab works. 		
6	DISCHARGE PLANNING		
	<ul style="list-style-type: none"> • Teach patient/parents how to take his/her/babies pulse and recognize an irregular rhythm and instruct him/her/parents to report alterations from his/her/babies baseline to the medical team. • Emphasize the importance of keeping laboratory and Doctor's appointments. • To organize Stethoscope training to parents before going home. 		
7	OTHER NEEDS		
Others			

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