

**NURSING CARE PLAN No 3b**  
**Post-Operative Cardio-Thoracic Surgery**  
*Please use in conjunction with Careplan 1*

Full Name: .....

Address: **Addressograph** .....

HCR.....

Care Plan No 3b Problem	Cardiothoracic Post-Operative Care Goals	Issue Date:	Review Date:
<p>Returned from theatre following</p> <p>.....</p> <p>.....</p> <p>.....</p>	<ol style="list-style-type: none"> <li>1. Airway, breathing, circulation</li> <li>2. Wound care</li> <li>3. Altered nutrition/Hydration</li> <li>4. Pain</li> </ol>	April 2020	April 2023
No	NURSING INTERVENTION	Commencement, Date, Signature, Time, Grade	Discontinued, Date, time, Signature, Grade
<b>1</b>	<b>Post-operative care</b>		
<p><b>Check that Airway, Breathing, Circulation and Condition are stable</b> upon transfer to the ward. Assess and respond promptly to altered respiratory effort, shock and haemorrhage.</p>			
<b>Airway, Breathing and Circulation</b>			
<ul style="list-style-type: none"> <li>• Monitor baseline observations of temperature, pulse, respirations, blood pressure and oxygen saturations as directed, reducing frequency as condition dictates.....</li> <li>• Assess respiratory rate, rhythm and depth as condition indicates (2-4 Hourly on Transfer from ICU).</li> <li>• Administer humidified Oxygen as prescribed.....</li> <li>• to maintain O2 sats at prescribed level .....nurse on oxygen saturation monitor if required</li> <li>• Wean oxygen as indicated .....</li> <li>• Nurse on telemetry</li> <li>• Monitor arrhythmias, report and record.</li> <li>• Liaise with physiotherapist regarding treatment</li> <li>• Administer nebulisers as prescribed</li> <li>• Suction as required.</li> <li>• Observe colour, amount tenacity of sputum.</li> <li>• Sputum for C&amp;S if indicated, date sent.....</li> <li>• Weigh daily / alternate days</li> <li>• Administer diuretics as prescribed and observe and record effect.</li> <li>• Monitor fluid balance (weigh nappies)</li> </ul>			
<b>2</b>	<b>Wound Care</b>		
<ul style="list-style-type: none"> <li>• Monitor wound site for redness, pain, ooze, swelling, haemorrhage</li> <li>• Wound swab as per NPC guidelines (2013), date taken: _____</li> <li>• Dressing removed on day 5 unless indicated prior to this:</li> <li>• Dressing 1: _____</li> <li>• Dressing 2: _____</li> <li>• Dressing 3: _____</li> </ul>			

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2	Wound Care continued...	Commencement , Date, Signature, Time, Grade	Discontinued, Date, time, Signature, Grade
<ul style="list-style-type: none"> <li>• Remove sutures as per cardiothoracic team on (date)-----</li> <li>• <b>Chest drain in</b> .....</li> <li>• Provide care as per Chest Drain guidelines (NPC 2015)</li> <li>• <b>Low pressure suction:</b> <ol style="list-style-type: none"> <li>1. Maintain on low pressure suction if</li> <li>2. Level of water in chamber to be prescribed in medical notes               <ul style="list-style-type: none"> <li>○ Maintain level prescribed at all times</li> </ul> </li> <li>3. Observe drainage, colour &amp; consistency, sample for C+S as ordered, date.....</li> </ol> </li> <li>• Chest drain removed <b>Date:</b> .....</li> <li>• <b>Pacing wires in situ</b> .....</li> <ol style="list-style-type: none"> <li>1. Pacemaker checks 4 hourly and when settings altered.</li> <li>2. Battery change every 3 days by Cardiothoracic team or at 7.5 volts, spare battery in room at all times.</li> <li>3. Tape and secure pacing wires to chest wall when not in use</li> <li>4. Nurse on telemetry for 24hrs post wire removal</li> <li>5. Observe vital signs post wire removal.</li> <li>6. Cover wire sites with dressing if required.</li> </ol> </ul>			
3	Altered Nutrition / Hydration		
<ul style="list-style-type: none"> <li>• Monitor nutrition and hydration status, with strict intake and output. Report and record deviation</li> <li>• Adhere to fluid and feeding restrictions, involve parents.</li> <li>• Nasogastric feeds as per NPC guidelines</li> </ul> <p>.....</p> <p>.....</p> <ul style="list-style-type: none"> <li>• Commenced special feeds as per dietitian's regime.</li> <li>• Document when NGT is changed (weekly) .....</li> <li>• Commence parental education regarding feeding and diet.</li> <li>• Regular oral care as required, report and record deviations.</li> <li>• Commence oral feeds as indicated and tolerated</li> </ul> <p>.....</p> <p>.....</p> <p>.....</p>			
4	Nausea and vomiting		
<ul style="list-style-type: none"> <li>• Observe for nausea/vomiting. Assess possible cause.</li> <li>• Administer anti-emetics and evaluate same.</li> <li>• Record colour, consistency and volume of vomitus in intake/output chart.</li> <li>• Consider need for IV fluids (If commenced see care plan 9)</li> </ul>			
5	Pain		
<ul style="list-style-type: none"> <li>• Assess pain score as per NPC guidelines.</li> <li>• Utilize non-pharmacological means of pain relief.</li> <li>• Administer analgesia as required and monitor effects of same, report and record.</li> </ul> <p>.....</p>			



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Opioid Guidelines NPC		

Created by Nursing Department  
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