Individualized Care Plan Development Guide for Residents with COVID-19

Directions: Use the Nursing Process and accompanying care plan prompts table (below) as a guide to develop a care plan for residents who have COVID-19. The care plan should remain individualized, person-centered, and be based upon how COVID-19 is affecting the resident and their health and well-being. Note: the information is not all-inclusive, nor is it intended to replace medical directions and orders for care, or facility policy and procedures for care plan content.

**ASSESSMENT**
Identify the signs and symptoms the resident with COVID-19 is experiencing. Common symptoms include but are not limited to: fever; symptoms of dehydration, such as increased confusion and headache; and compromised respiratory status, including cough, shortness of breath, and impaired oxygen exchange.

**NURSING DIAGNOSIS**
Identify how the signs and symptoms of the COVID-19 infection are impacting the resident. Address the risk of more severe respiratory complications, even if the resident is currently only experiencing mild symptoms.

**EVALUATION**
Determine if the outcomes the resident experienced achieved the care plan goals. The COVID-19 virus can cause rapid decline; therefore, findings from the nursing assessment, performed at the bedside, may trigger the need to evaluate and update the care plan frequently.

**PLANNING**
Establish the care plan goals, incorporating the resident’s wishes and preferences.

**IMPLEMENTATION**
Identify the medical, nursing, respiratory therapy, and other interventions that will be implemented to care for the resident with COVID-19.
**PROBLEM**

How is COVID-19 affecting the resident?

Use information gathered from the nursing assessment and other sources of data to formulate the nursing diagnosis or the problem.

- Resident has diagnosis of COVID-19 and is experiencing respiratory complications including impaired oxygen exchange... Describe the signs and symptoms the resident is experiencing.
- Resident is dehydrated as a result of COVID-19... Describe the signs and symptoms the resident is experiencing.
- Resident is at risk for pain and discomfort... Describe specifically why the resident is at risk.
- Resident is at risk for loneliness, anxiety, and sadness related to isolation precautions implemented due to COVID-19.

**GOALS**

What are the goals of care for this resident?

Goals are measurable and time-specific, but they are also relevant and centered on what is important to the resident and/or resident’s representative.

- Maintain airway and oxygen exchange as evidenced by...
  Note how this will be measured (e.g., respiratory rate, O2 sat at minimum threshold).
- Resident will be hydrated as evidenced by...
  Note how this will be measured (e.g., moist mucous membranes, light colored urine).
- Resident will be comfortable as evidenced by...
  Note how this will be measured (e.g., pain severity level per assessment).
- Resident will indicate when additional support is needed to address feelings of loneliness, anxiety, and sadness.

**INTERVENTIONS**

What can be done to help the resident achieve the goals?

Include all interventions that will be implemented to help the resident and support the goals of care.

- Management of symptoms may include but is not limited to:
  - Administration of oxygen
  - Use of BIPAP or CPAP
  - Turn, cough, and deep breath exercises
  - Use of incentive spirometer
  - Administration of IV fluids
  - Use of antipyretics
  - Maintaining an environment conducive to rest and sleep
  - Oral care
  - Massage
  - Turning and repositioning schedules
  - Isolation with droplet and contact precautions
  - Phone calls, emails, social media or other cyber contact with loved ones
  - Phone calls, emails, social media, or other cyber contact with minister, priest, rabbi, or other spiritual leaders
  - One-on-one visits with staff reading, playing puzzles, conversation, or other resident-desired activity
  - Activities to maintain engagement and provide a calming atmosphere. Music, aromatherapy, favorite movies, audio books, or another activity preferred by the resident
  - Follow facility policy for formatting and content expectations of care plan interventions, i.e. inclusion of details for physician orders; frequency of bedside care; other.