



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.



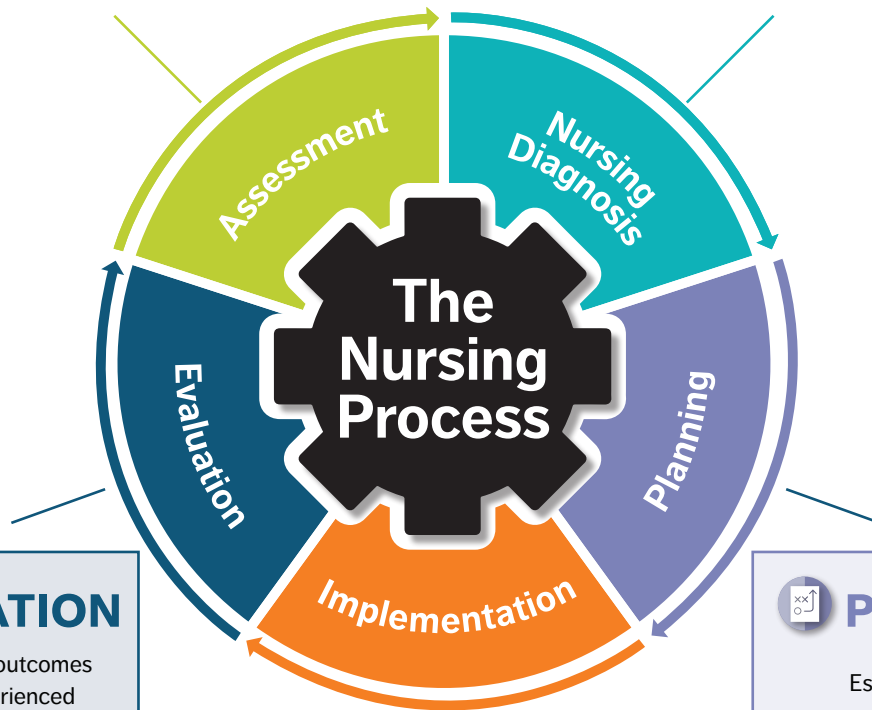
ASSESSMENT

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.

CARE PLAN PROMPTS

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.

PROBLEM

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.

GOALS

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.

INTERVENTIONS