**NURSING CARE PLAN GUIDE**  
**ASSESSMENT OF UNIVERSAL SELF CARE REQUISITES**

**DEFINITION:** Organized and systematic process of collecting data from a variety of sources to evaluate the health status of a patient.

<table>
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<tr>
<th>ASSESSMENT</th>
<th>PLANNING</th>
<th>EVALUATION</th>
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<tbody>
<tr>
<td><strong>Universal Self Care Requisites</strong></td>
<td><strong>Nursing Diagnosis</strong></td>
<td><strong>Expected Outcomes</strong></td>
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<td>(USCR) the category of self-care requisites that are basic and common to all humans and are constantly present; these needs must be met to achieve optimal health and well-being. There are eight universal self-care requisites:</td>
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<td>(1) AIR</td>
<td><strong>DEFINITION:</strong></td>
<td><strong>DEFINITION:</strong></td>
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<tr>
<td>(2) FOOD</td>
<td>Problem: statement of the patient's risk for or actual health problem that the nurse is licensed and accountable to treat.</td>
<td>Desired or expected outcomes of nursing diagnosis:</td>
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<td>(3) WATER</td>
<td>Etiology: factors &quot;related to&quot; or &quot;associated with&quot; the patient's problem.</td>
<td>“Patient will”</td>
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<td>(4) ELIMINATION</td>
<td>Symptoms: manifestation of problem identified.</td>
<td>to</td>
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<td>(5) ACTIVITY AND REST</td>
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<td>(6) SOLITUDE AND SOCIAL INTERACTION</td>
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<td>(7) PREVENTION OF HAZARDS</td>
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<td>(8) NORMALCY</td>
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<td>Self-Care Agency (SCA) - assets or abilities of an individual to perform self-care.</td>
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<td>Self-Care Deficit (SCD) - deficit relationship that exists when the demand for self-care exceeds the person's ability to perform self-care.</td>
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<td>Nursing System: the series of organized concrete action performed by nurses in collaboration with the patient. There are three types of nursing systems:</td>
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<td>(1) wholly compensatory</td>
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<tr>
<td>(2) partly compensatory</td>
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<tr>
<td>(3) supportive-educative</td>
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</tbody>
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Self-care agency: assets or abilities of an individual to perform self-care.

Self-care deficit: deficit relationship that exists when the demand for self-care exceeds the person’s ability to perform self-care.

Nursing system: the series of organized concrete action performed by nurses in collaboration with the patient. There are three types of nursing systems:

(1) Wholly compensatory
(2) Partially compensatory
(3) Supportive-educative
NURSING DIAGNOSIS: NANDA 2003

AIR
RESPIRATION
Airway clearance, ineffective
Aspiration, risk for
Breathing pattern, ineffective
Gas exchange, impaired
Spontaneous ventilation: inability to sustain
Ventilatory weaning response, dysfunctional
Ventilation, impaired spontaneous

WATER
CIRCULATION
Adaptive capacity intra-cranial, decreased
Cardiac output, decreased
Dysreflexia
Tissue perfusion, ineffective (specify): cerebral, cardio-pulmonary, renal, gastro-intestinal, peripheral

FLUID
Fluid volume deficit
Fluid volume deficit, risk for
Fluid volume excess
Fluid volume imbalance, risk for
Fluid volume, readiness for enhanced
Oral mucous membranes, impaired
Swallowing, impaired

FOOD
Breastfeeding, effective
Breastfeeding, ineffective
Breastfeeding, interrupted
Dentition, impaired
Infant feeding pattern, ineffective
Nausea
Nutrition, imbalanced: less than body requirements
Nutrition, imbalanced: more than body requirements
Nutrition, readiness for enhanced
Nutrition, imbalanced: risk for more than body requirements

ELIMINATION
Constipation
Constipation, risk for
Constipation, perceived
Diarrhea
Incontinence, bowel
Incontinence, functional (urinary)
Incontinence, reflex (urinary)
Incontinence, stress (urinary)
Incontinence, total (urinary)
Incontinence, urge (urinary)
Incontinence, urge (urinary) risk for
Urinary elimination, impaired
Urinary elimination, readiness for enhanced
Urinary retention

ACTIVITY/REST
ACTIVITY/REST
Activity intolerance
Activity intolerance, risk for
Disuse syndrome, risk for
Diversional activity deficient
Fatigue
Sleep deprivation
Sleep, readiness for enhanced
Sleep pattern disturbed
Transfer ability, impaired
Walking, impaired

SOLITUDE - SOCIAL ISOLATION
EGO INTEGRITY
Adjustment, impaired
Anxiety, death
Anxiety (specify level)
Body image disturbed
Conflict, decisional (specify)
Conflict, parental role
Coping, ineffective community
Coping, community, readiness for enhanced
Coping, compromised family
Coping, disabled family
Coping, family, readiness for enhanced
Coping, defensive
Coping, readiness for enhanced
Denial, ineffective
Energy field, disturbed
Fear
Grieving, anticipatory
Grieving, dysfunctional
Hopelessness
Personal identity disturbed
Post trauma response
Powerlessness
Powerlessness, risk for
Rape-trauma syndrome
Rape-trauma syndrome: compound reaction
Rape-trauma syndrome: silent reaction
Relocation stress syndrome
Relocation stress syndrome, risk for
Self-concept, readiness for enhanced
Self-esteem, chronic low
Self-esteem, situational low
Self-esteem, situational low, risk for
Sorrow, chronic
Spiritual distress
Spiritual distress, risk for

SOCIAL INTERACTION
Caregiver role strain
Caregiver role strain, risk for
Communication impaired, verbal
Communication, readiness for enhanced
Community coping, enhanced, potential for
Community coping, ineffective
Environmental interpretation syndrome, Impaired
Failure to thrive, adult
Family coping, ineffective: compromised
Family coping, ineffective: disabling
Family coping, potential for growth
Family process, dysfunctional: alcoholism
Family processes, interrupted
Family processes, readiness for enhanced
Loneliness, risk for
Parent/infant/child attachment impaired, risk for
Parenting, impaired
Parenting, impaired risk for
Parenting, readiness for enhanced
Role performance, ineffective
Role strain, caregiver
Role strain, caregiver, risk for
Social interaction, impaired
Social isolation

NEUROSENSORY
Confusion, acute
Confusion, chronic
Infant behavior, disorganized
Infant behavior, disorganized, risk for
Infant behavior, organized, potential for
enhancement
Memory, impaired
Peripheral neurovascular dysfunction, risk for
Sensory-perceptual alterations (specify): visual, auditory, kinesthetic, gustatory, tactile, olfactory

SEXUALITY (COMPONENT OF EGO INTEGRITY AND SOCIAL INTERACTION)
Sexual dysfunction
Self-care deficit (specify): feeding, bathing/hygiene, dressing/grooming, toileting

PAIN/COMFORT
- Pain, (acute)
- Pain, chronic
- Injury, risk for
- Perioperative positioning injury, risk for
- Physical mobility, impaired
- Social isolation

HAZARDS
SAFETY
- Body temperature, imbalanced, risk for
- Environment interpretation syndrome, impaired
- Falls, risk for
- Health maintenance, ineffective
- Home maintenance, impaired
- Hyperthermia
- Hypothermia/infection, risk for
- Infection: Risk for or actual
- Injury, risk for
- Latex allergy, response
- Latex allergy response, risk for
- Mobility impaired, physical
- Mobility impaired, bed
- Mobility impaired, wheelchair
- Perioperative positioning injury, risk for
- Physical mobility, impaired
- Poisoning, risk for
- Protection, ineffective
- Self-mutilation
- Self-mutilation, risk for
- Skin integrity, impaired
- Skin integrity, impaired, risk for
- Sudden infant death syndrome, risk for
- Suffocation, risk for
- Thermoregulation ineffective
- Tissue integrity, impaired
- Trauma, risk for
- Violence, other directed, risk for
- Violence, self directed, risk for
- Wandering

NEUROSENSORY
- Confusion, acute
- Confusion, chronic
- Infant behavior, disorganized
- Infant behavior, disorganized, risk for
- Infant behavior, organized, readiness for enhanced
- Memory, impaired
- Neglect, unilateral
- Peripheral neurovascular dysfunction, risk for
- Sensory-perceptual disturbed (specify): visual, auditory, kinesthetic, gustatory, tactile, olfactory

NORMALCY

EGO INTEGRITY
- Fear
- Grieving, anticipatory
- Grieving, dysfunctional
- Hopelessness
- Personal identity disturbed
- Post-trauma syndrome
- Post-trauma syndrome, risk for
- Spiritual well-being, readiness for enhancement

TEACHING/LEARNING
- Development, risk for delayed
- Growth and development, delayed
- Growth, Risk for disproportionate
- Health-seeking behaviors (specify)
- Knowledge deficient (specify)
- Knowledge (specify), readiness for enhanced
- Management of therapeutic regime, effective
- Management of therapeutic regime, Ineffective
- Management of therapeutic regime, readiness for enhanced
- Management of therapeutic regimen: Community, ineffective
- Management of therapeutic regimen: family ineffective
- Non-compliance (compliance, altered) (specify)

NANDA 2004