12 Hour Care Plan

Patient ID:			Time	T+0.5	T+1.0	T+1.5	T+2.0	T+2.5	T+3.0	T+3.5	T+4.0	T+4.5	T+5.0	T+5.5	T+6.0	T+6.5	T+7.0	T+7.5	T+8.0	T+8.5	T+9.0	T+9.5	T+10.0	T+10.5	T+11.0	T+11.5	T+12.0
	Action (suggested interval)	Interval																									
Vitals	Check BP/HR/RR/T/SPO2/ETCO2 (Q1H)																										
	Check Peripheral Pulses (Q1H)																										
	Check Skin Temp and Color (Q1H)																										
	Check Lactate (Q4H)																										
	Check Blood Glucose (Q8H)																										
Ins/Outs	Check Drip Rates/Fluids In (Q1H)																										
	Check Urine Output (Q1H)																										
	Check Urine Dipstick (Q1H)																										
	Perform NG/OG Tube Care (Q2H)																										
	Perform Foley Care (Q24H)																										
	Flush PRN Locks (Q8H)																										
Pain/Sedation	Check GCS/RASS/PAIN (Q1H)																										
	Give Pain Rx (per Rx)																										
	Give Sedation Rx (per Rx)																										
HEENT	Perform Tube Suctioning (PRN)																										
	Perform Oral Suctioning (PRN)																										
	Perform Nasal Care/Moisten (Q4H)																										
	Perform Oral Care/Moisten (Q4H)																										
	Apply Lip Balm (Q1H)																										
	Apply Eye Ointment/Drops (per Rx)																										
	Brush Teeth (Q12H)																										
	Change All Tape (Q24H)																										
Respiratory	Check Ventilator Settings (Q1H)																										
	Auscultate Lungs (Q1H)																										
	Turn, Cough, Deep Breathe (Q1H)																										
	Check Chest Drainage (Q1H)																										
Integumentary	Check S/S Compartment Syndrome (Q2H)																										
	Reposition (Q2H)																										
	Check Padding (Q2H)																										
	Perform LE Massage (Q2H)																										
	Check Dressings (Q4H)																										
	Do A/P Limb ROM (Q8H)																										
	Wash and Dry Skin (Q24H)																										
	Perform Burn Skin Care (Q24H)																										
	Irrigate Wounds (Q24H)																										
	Debride Wounds (Q24H)																										
	Change Dressings (Q24H)																										
	Give Antibiotics Rx (Q24H)																										
Gastrointestinal	Give PPI Rx if Indicated (per Rx)																										
	Give Antiemetic Rx (per Rx)																										
	Auscultate Abdomen (Q2H)																										
	Palpate Abdomen (Q2H)																										
	Give Food/Nutrition (Q8H)																										
Extra Stuff	Check O2 Supply																										
	Check/change batteries																										
	Compression Socks/Stockings																										

24 Hour Care Plan

Patient ID:			Time	T+1hr	T+2hr	T+3hr	T+4hr	T+5hr	T+6hr	T+7hr	T+8hr	T+9hr	T+10hr	T+11hr	T+12hr	T+13hr	T+14hr	T+15hr	T+16hr	T+17hr	T+18hr	T+19hr	T+20hr	T+21hr	T+22hr	T+23hr	T+24hr
	Action (suggested interval)	Interval																									
Vitals	Check BP/HR/RR/T/SPO2/ETCO2 (Q1H)																										
	Check Peripheral Pulses (Q1H)																										
	Check Skin Temp and Color (Q1H)																										
	Check Lactate (Q4H)																										
	Check Blood Glucose (Q8H)																										
Ins/Outs	Check Drip Rates/Fluids In (Q1H)																										
	Check Urine Output (Q1H)																										
	Check Urine Dipstick (Q1H)																										
	Perform NG/OG Tube Care (Q2H)																										
	Perform Foley Care (Q24H)																										
	Flush PRN Locks (Q8H)																										
Pain/Sedation	Check GCS/RASS/PAIN (Q1H)																										
	Give Pain Rx (per Rx)																										
	Give Sedation Rx (per Rx)																										
HEENT	Perform Tube Suctioning (PRN)																										
	Perform Oral Suctioning (PRN)																										
	Perform Nasal Care/Moisten (Q4H)																										
	Perform Oral Care/Moisten (Q4H)																										
	Apply Lip Balm (Q1H)																										
	Apply Eye Ointment/Drops (per Rx)																										
	Brush Teeth (Q12H)																										
	Change All Tape (Q24H)																										
Respiratory	Check Ventilator Settings (Q1H)																										
	Auscultate Lungs (Q1H)																										
	Turn, Cough, Deep Breathe (Q1H)																										
	Check Chest Drainage (Q1H)																										
Integumentary	Check S/S Compartment Syndrome (Q2H)																										
	Reposition (Q2H)																										
	Check Padding (Q2H)																										
	Perform LE Massage (Q2H)																										
	Check Dressings (Q4H)																										
	Do A/P Limb ROM (Q8H)																										
	Wash and Dry Skin (Q24H)																										
	Perform Burn Skin Care (Q24H)																										
	Irrigate Wounds (Q24H)																										
	Debride Wounds (Q24H)																										
	Change Dressings (Q24H)																										
	Give Antibiotics Rx (Q24H)																										
Gastrointestinal	Give PPI Rx if Indicated (per Rx)																										
	Give Antiemetic Rx (per Rx)																										
	Auscultate Abdomen (Q2H)																										
	Palpate Abdomen (Q2H)																										
	Give Food/Nutrition (Q8H)																										
Extra Stuff	Check O2 Supply																										
	Check/change batteries																										
	Compression Socks/Stockings																										

24 Hour Care Plan

Patient ID: JD7837 "John" (#1)			Time	T+1hr	T+2hr	T+3hr	T+4hr	T+5hr	T+6hr	T+7hr	T+8hr	T+9hr	T+10hr	T+11hr	T+12hr	T+13hr	T+14hr	T+15hr	T+16hr	T+17hr	T+18hr	T+19hr	T+20hr	T+21hr	T+22hr	T+23hr	T+24hr
	Action (suggested interval)	Interval	0230	0330	0430	0530	0630	0730	0830	0930	1030	1130	1230	1330	1430	1530	1630	1730	1830	1930	EVAC						
Vitals	Check BP/HR/RR/T/SPO2/ETCO2 (Q1H)	1	CC	DJ	DJ	DJ	DJ	PL	PL	PL	CC	CC															
	Check Peripheral Pulses (Q1H)																										
	Check Skin Temp and Color (Q1H)																										
	Check Lactate (Q4H)	8	CC								CC																
	Check Blood Glucose (Q8H)	8	CC								CC																
Ins/Outs	Check Drip Rates/Fluids In (Q1H)	1	CC	DJ	DJ	DJ	DJ	PL	PL	PL	CC	CC															
	Check Urine Output (Q1H)																										
	Check Urine Dipstick (Q1H)																										
	Perform NG/OG Tube Care (Q2H)																										
	Perform Foley Care (Q24H)																										
	Flush PRN Locks (Q8H)	8	CC								CC																
Pain/Sedation	Check GCS/RASS/PAIN (Q1H)	1	CC	DJ	DJ	DJ	DJ	PL	PL	PL	CC	CC															
	Give Pain Rx (per Rx)																										
	Give Sedation Rx (per Rx)																										
HEENT	Perform Tube Suctioning (PRN)																										
	Perform Oral Suctioning (PRN)																										
	Perform Nasal Care/Moisten (Q4H)																										
	Perform Oral Care/Moisten (Q4H)																										
	Apply Lip Balm (Q1H)																										
	Apply Eye Ointment/Drops (per Rx)																										
	Brush Teeth (Q12H)																										
	Change All Tape (Q24H)	24	CC																								
	Check Pupils - PERRL	1	CC	DJ	DJ	DJ	DJ	PL	PL	PL	CC	CC															
Respiratory	Check Ventilator Settings (Q1H)																										
	Auscultate Lungs (Q1H)	4	CC				DJ				CC																
	Turn, Cough, Deep Breathe (Q1H)																										
	Check Chest Drainage (Q1H)																										
Integumentary	Check S/S Compartment Syndrome (Q2H)																										
	Reposition (Q2H)	2	CC		DJ		DJ		PL		CC																
	Check Padding (Q2H)	2	CC		DJ		DJ		PL		CC																
	Perform LE Massage (Q2H)																										
	Check Dressings (Q4H)																										
	Do A/P Limb ROM (Q8H)	8	CC								CC																
	Wash and Dry Skin (Q24H)																										
	Perform Burn Skin Care (Q24H)																										
	Irrigate Wounds (Q24H)																										
	Debride Wounds (Q24H)																										
	Change Dressings (Q24H)																										
	Give Antibiotics Rx (Q24H)	24	CC																								
Gastrointestinal	Give PPI Rx if Indicated (per Rx)																										
	Give Antiemetic Rx (per Rx)	4	CC				DJ				CC																
	Auscultate Abdomen (Q2H)																										
	Palpate Abdomen (Q2H)																										
	Give Food/Nutrition (Q8H)																										
Extra Stuff	Check O2 Supply																										
	Check/change batteries																										
	Compression Socks/Stockings																										
	Assisted patient ambulation	8	CC								CC																

DISCLAIMER! This nursing care guide is designed to be a tool for the medic to consider as many tasks as possible that MAY be necessary for any particular patient. It is not all encompassing! Some patients may only need a few of the tasks to be performed, some may need every task to be performed. This guide is not a substitution for adequate cross training. It should emphasize the REQUIREMENT for medical cross training to properly provide long term care for a patient. There are some tasks that only a medic SHOULD do (ascultate lungs or administer certain medications for example) however, it may not be tactically or practically feasible for the medic to be present to accomplish these tasks, hence the importance of thorough cross training. Reference the individual sections for more detailed information about the listed nursing care tasks.