

Reason / Problem UpToDate 

Abdominal Pain


Risk Factors UpToDate UpToDate 


Abdominal Pain Care Plan

Behavioral:

Excessive alcohol intake

Condition/Disease:


Acute abdominal condition 

Advanced age 

Chronic abdominal condition

Comorbidities


Congenital anomaly

Critical illness 


Female gender

Gastrointestinal dysfunction

Genitourinary dysfunction

Impaired circulation 

Nutritional factors

Pregnancy 

Substance abuse withdrawal/toxicity

Terminal illness

Therapy-Related:

Abdominal surgery

Medications UpToDate UpToDate

Pelvic surgery

Use of medical device

Assessment

 UpToDate 

Functional:

Change in eating habits

Health Behavioral:

Exposure to poisons and/or toxins

Physiological:

Abdominal cramping or pain

Abdominal distention and/or bloating

Abdominal rigidity

Abnormal diagnostic test results

Altered vital signs

Constipation

Decreased bowel sounds

Dyspepsia

Dysuria

Excessive gastrointestinal output

Heartburn or epigastric pain

History of abdominal trauma or injury

Hyperactive bowel sounds

Irregular menses
Nausea and vomiting
Pulsatile abdominal mass
Recent surgery
Urinary frequency
Urinary retention
Vaginal discharge

Expected Outcomes

Activity:

Risk for activity intolerance will decrease

Bowel/Gastric:

Bowel function will improve
Diagnostic test results will improve
Occurrences of nausea will decrease
Occurrences of vomiting will decrease

Cognitive:

Knowledge of disease or condition will improve
Ability to identify changes in lifestyle to reduce recurrence of condition will improve
Ability to state and carry out methods to decrease the pain will improve

Fluid Volume:

Maintenance of adequate hydration will improve

Health Behavior:

Ability to state signs and symptoms to report to health care provider will improve

Physical Regulation:

Complications related to the disease process, condition or treatment will be avoided or minimized
Ability to maintain clinical measurements within normal limits will improve

Sensory:










Ability to identify factors that increase the pain will improve
Ability to notify healthcare provider of pain before it becomes unmanageable or unbearable will improve
Pain level will decrease

Interventions

Activity:

Monitor signs of activity intolerance

Bowel/Gastric:

Assess abdomen   
Obtain elimination pattern history
Evaluate diagnostic test or procedure    
Manage nausea and/or vomiting 
Manage underlying cause of condition 

Cognitive:

Explain pain control measures   
Explain preoperative care and/or procedures   
Teach information regarding disease process or condition    

Teach measures to prevent future reoccurrence

Fluid Volume:

Evaluate signs and symptoms of dehydration 🌱

Provide fluid volume management

Health Behavior:

Encourage participation in health care plan

Encourage reporting changes in condition

Obtain necessary consults and/or referrals

Physical Regulation:

Evaluate response to treatment

Monitor for complications

Provide symptom management

Sensory: 🌱

Assess pain status 🌱 🗨️ 🚫

Evaluate effects of pain control measures 🌱 🌱

Identify factors that precipitate, worsen or relieve pain or discomfort

Monitor patient's response to pain

Report inadequate pain control to health care provider

Evaluation

Activity:

Risk for activity intolerance has

Bowel/Gastric:

Bowel function has

Diagnostic test results have

Occurrences of nausea have

Occurrences of vomiting have

Cognitive:

Knowledge of disease or condition has

Ability to identify changes in lifestyle to reduce recurrence of condition has

Ability to state and carry out methods to decrease the pain has

Fluid Volume:

Ability to maintain adequate hydration has

Health Behavior:

Ability to state signs and symptoms to report to health care provider has

Physical Regulation:

Complications related to disease process, condition or treatment have been avoided or minimized

Ability to maintain clinical measurements within normal limits has

Sensory:

Ability to identify factors that increase the pain has

Ability to notify healthcare provider of pain before it becomes unmanageable or unbearable has

Pain level has