NANDA Diagnosis Basics

Table of contents

Significance of Nursing Diagnoses

Identifying a Nursing Diagnosis

Components of a Nursing Diagnosis

Examples of Nursing Diagnoses
Significance of Nursing Diagnoses

Nursing Diagnosis:
“A clinical judgment about individual, family, or community responses to actual and potential health problems/life processes. Nursing diagnoses provide the basis for selection of nursing interventions to achieve outcomes for which the nurse is accountable”-- NANDA

This document is designed to assist you in thinking your way through a Nursing Diagnosis. You already grasp the importance of establishing a nursing diagnosis for your patient, but the use of a “standardized nursing language” extends beyond the bedside. The goals you set for your patients are a large part of the purpose of Nursing Diagnosis but there are other significant reasons:

• It is a means of communicating nursing requirements for client care to other members of healthcare team
• Accurate diagnoses help ensure quality care
• Specificity of nursing interventions leads toward direct reimbursement for nursing
• "A Nursing Diagnosis taxonomy will help to bridge the gap between knowledge and practice and will articulate the scope of nursing practice."

Identifying a Nursing Diagnosis

The types of Nursing Diagnoses can be broken down into three subsets:
• Actual problem
• Risk for problem
• Wellness issues

Components of a Nursing Diagnosis

• Diagnostic Label
  – name of nursing diagnosis listed in taxonomy, describes essence of problem
  – Example: Stress Incontinence; Anxiety; Feeding Self-Care Deficit
• Qualifiers
  – add additional meaning to a nursing diagnosis, changes in condition, etc.
  – Example: Altered; Impaired; Ineffective; etc.
• Definition and Defining Characteristics
- NANDA approved, gives major and minor clinical cues that validate presence of actual nursing diagnosis
- Example: "Pain" is defined as "an unpleasant sensory and emotional experience arising from actual or potential tissue damage or described in terms of such damage; a sudden or slow onset of any intensity from mild to severe with an anticipated or predictable end and a duration of less than six months.

- Risk Factors
  - intrinsic and extrinsic characteristics of client
  - makes client vulnerable or at risk
- Related Factors
  - Conditions, circumstances, etiologies that contribute to the problem not direct, causal relationship but some relationship can be described as "related to."

It is helpful to formulate a nursing diagnosis using a PES Statement (Problem, Etiology, and Signs & Symptoms).

<table>
<thead>
<tr>
<th>Problem</th>
<th>Etiology</th>
<th>Signs &amp; Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnostic Label</td>
<td>Cause/contributing risk factors</td>
<td>Defining characteristics</td>
</tr>
</tbody>
</table>

**Examples of Nursing Diagnoses**

Activity Intolerance, related to alterations in oxygen transport system, secondary to Chronic Obstructive Pulmonary Disease (COPD).

P-In this case, "Activity Intolerance" is the "Problem" which is a Diagnostic Label (intolerance is a Qualifier). E-"Alterations in oxygen transport system" is the "Etiology," and, in this case, S- "secondary to COPD" is the defining characteristic.

P-Constipation, related to, E- inadequate water intake, low fiber diet, and decreased activity. S- Patient states "abdominal discomfort" and no BM for 5 days.

Remember, establishing a Nursing Diagnosis is just one part of the Nursing Process picture…You’ll still need to Plan, Implement, Evaluate outcomes and much more!