Chapter 19  Drugs for Local and General Anesthesia  253

NURSING PROCESS FOCUS  Clients Receiving General Anesthesia

<table>
<thead>
<tr>
<th>Prior to administration:</th>
<th>Assessment</th>
<th>Potential Nursing Diagnoses</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Obtain a complete health history including allergies, drug history, and possible drug interactions.</td>
<td>• Anxiety, related to surgical procedure</td>
<td>• Anxiety, related to surgical procedure</td>
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<tr>
<td>• Assess for presence or history of severe respiratory, cardiac, renal, or liver disorders.</td>
<td>• Gas Exchange, Impaired</td>
<td>• Gas Exchange, Impaired</td>
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<tr>
<td>• Obtain baseline vital signs.</td>
<td>• Knowledge, Deficient, related to drug use</td>
<td>• Knowledge, Deficient, related to drug use</td>
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<tr>
<td>• Obtain blood work including a complete blood count and chemistry panel.</td>
<td>• Nausea, related to drug side effect</td>
<td>• Nausea, related to drug side effect</td>
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<tr>
<td>• Assess client’s knowledge of procedure and level of anxiety.</td>
<td>• Sensory Perception, Disturbed</td>
<td>• Sensory Perception, Disturbed</td>
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<td></td>
<td>• Breathing Pattern, Ineffective</td>
<td>• Breathing Pattern, Ineffective</td>
</tr>
<tr>
<td></td>
<td>• Cardiac Output, Decreased</td>
<td>• Cardiac Output, Decreased</td>
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Planning: Client Goals and Expected Outcomes

The client will:

• Experience adequate anesthesia during surgical procedure.
• Experience no side effects or adverse reactions to anesthesia.
• Demonstrate an understanding of perioperative procedures.

Implementation

Interventions and (Rationales)          Client Education/Discharge Planning

• Preoperatively, assess knowledge level of preoperative and postoperative procedures. Ensure that client has accurate information and questions are answered. (Teaching reduces client anxiety.)
  Instruct client about:
  • Preoperative and postoperative instructions.
  • What the client will see, hear, and feel prior to surgery.
  • The recovery room process.
  • What the client and family will see and hear postoperatively.
  • The operative facilities, if possible.
• Preoperatively, assess emotional state. (Clients who are fearful or extremely anxious may be more difficult to induce and maintain under anesthesia.)
  • Instruct client about using stress-reduction techniques such as deep breathing, imagery, and distraction.
• Monitor preoperative status. (Noncompliance with preoperative instructions may result in serious problems for the client.)
  Instruct client to:
  • Not ingest food or beverages prior to surgery to prevent risk of aspiration, nausea, and vomiting.
  • Stop taking medications 24 hours prior to surgery as ordered by the healthcare provider.
  • Refrain from drinking alcohol 24 hours prior to surgery.
• Postoperatively, monitor for respiratory difficulty and adequate O₂–CO₂ exchange. (Anesthetics cause respiratory depression.)
  Inform client to report shortness of breath, difficulty breathing, or dizziness.
• Monitor recovery from anesthesia. Evaluate level of consciousness, nausea, vomiting, and pain. (Failure to control pain, nausea, and vomiting can result in a longer recovery period.)
  • Instruct client about possible side effects and to report any discomfort immediately.
• Monitor vital signs. (Respiratory status may be impaired leading to prolonged apnea, respiratory depression, and cyanosis. Blood pressure may decrease to levels that cause shock.)
  • Advise client to report heart palpitations, dizziness, difficulty breathing, or faintness.

Evaluation of Outcome Criteria

Evaluate the effectiveness of drug therapy by confirming that client goals and expected outcomes have been met (see “Planning”).

• The client experiences adequate anesthesia during surgical procedure.
• The client experiences no side effects or adverse reactions to anesthesia.
• The client states an understanding of perioperative procedures.

∞ See Tables 19.4 and 19.5 for lists of drugs to which these nursing actions apply.