Functional Health Patterns with Related Nursing Diagnoses

**Part 5**

**Cognitive-Perceptual Patterns**

**NANDA Nursing Diagnoses**
- Acute Confusion
- Decreased Intracranial Adaptive Capacity
- Autonomic Dysreflexia
- Risk for Autonomic Dysreflexia
- Chronic Confusion
- Impaired Verbal Communication
- Acute Pain
- Chronic Pain
- Impaired Memory
- Unilateral Neglect
- Risk for Peripheral Neurovascular Dysfunction
- Risk for Post-Trauma Syndrome
- Ineffective Protection
- Disturbed Sensory Perception
- Disturbed Thought Processes
- Decisional Conflict
- Risk for Trauma
- Wandering
- Unilateral Neglect
- Impaired Environmental Interpretation Syndrome

**HEALTH PERCEPTION**
- Health status
- Health management
- Health promotion and illness prevention activities
- Medical treatments, follow-up care

**VALUE-BELIEF**
- Values, goals, or beliefs (including spirituality) that guide choices or decisions
- Perceived conflicts in values, beliefs, or expectations that are health related

**NUTRITIONAL-METABOLIC**
- Daily consumption of food and fluids
- Favorite foods
- Use of dietary supplements
- Skin lesions and ability to heal
- Condition of the integument
- Weight, height, temperature

**ELIMINATION**
- Patterns of bowel and urinary excretion
- Perceived regularity or irregularity of elimination
- Use of laxatives or routines
- Changes in time, modes, quality or quantity of excretions
- Use of devices for control

**ACTIVITY-EXERCISE**
- Patterns of personally relevant exercise, activity, leisure, and recreation
- ADLs which require energy expenditure
- Factors that interfere with the desired pattern (e.g., illness or injury)

**SLEEP-REST**
- Patterns of sleep and rest/relaxation in a 24-hr period
- Perceptions of quality and quantity of sleep and rest
- Use of sleep aids and routines

**COGNITIVE-PERCEPTUAL**
- Adequacy of vision, hearing, taste, touch, smell
- Pain perception and management
- Language, judgment, memory, decisions

**COPING-STRESS-TOLERANCE**
- Capacity to resist challenges to self-integrity
- Methods of handling stress
- Support systems
- Perceived ability to control and manage situations

**SEXUALITY-REPRODUCTIVE**
- Satisfaction with sexuality or sexual relationships
- Reproductive pattern
- Female menstrual and perimenopausal history

**ROLE-RELATIONSHIP**
- Perception of major roles, relationships, and responsibilities in current life situation
- Satisfaction with or disturbances in roles and relationships

**SELF-PERCEPTION–SELF-CONCEPT**
- Attitudes about self
- Perceived abilities, worth, self-image, emotions
- Body posture and movement, eye contact, voice and speech patterns