

**Nursing Goals
For An Established
Student Who Has
Health Issues
Interfering With
His / Her Education**

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Asthma

Current Performance Level:

Limited ability to self regulate asthma condition resulting in visits to nurse with respiratory distress 3-4 times weekly.

Goal Statement:

Student will use rescue inhaler when asthma symptoms are present that adversely affect breathing, i.e. weather, known allergens, exercise.

State Standard 24 B+C

Short Term Objectives:

1. S will identify symptoms such as:
 - a) shortness of breath
 - b) wheezing
 - c) tightness in chest
 - d) coughing
2. S will identify conditions such as weather, exercise, allergens that adversely affect respiratory health.
3. S will use rescue inhaler when symptoms arise.
4. S will take appropriate preventative action with rescue inhaler when conditions or exercise schedule warrants pre-treatment.

Encopresis

Current Performance Level:

S has a disturbance in self-esteem because of fecal soiling at school due to encopresis.

Goal Statement:

S will have reduced guilt associated with being encopretic and will maintain clean clothing at school throughout the day.

State Standard 23A

Short Term Objectives:

1. S will identify and respond to body signals for defecation.
2. S will earn a reward for privately reporting to school staff the success of maintaining clean clothing on a daily basis.
3. S will report to the nurse's office within 5 minutes, in the event of soiling to clean his/her body and change clothing independently.

Stress/Anxiety

Current Performance Level:

S experiences feelings of stress and anxiety resulting in panic attacks and time out of the classroom.

Goal Statement:

S will develop effective coping mechanisms that are constructive and will identify early physical symptoms associated with anxiety.

State Standard ___1A___

Short Term Objectives:

1. S will recognize and report early symptoms of anxiety such as:
 - a) hyperventilation
 - b) numbness in extremities
 - c) feeling dizzy or faint
 - d) chest pain or increased heart rate
2. S will identify the cause of stress / anxiety when physical symptoms emerge.
3. S will employ coping methods such as:
 - a) thought stopping
 - b) relaxation techniques
 - c) positive self-talk
 - d) exercise
4. S will attend school regularly.