

CARE OF THE PATIENT WITH POTENTIAL FOR INCREASED INTRACRANIAL PRESSURE

OBJECTIVES:

1. To monitor for signs and symptoms of increased intracranial pressure.
2. To promote balanced fluid intake and output.
3. To promote adequate nutrition.
4. To promote adequate elimination.
5. To promote orientation.
6. To protect the patient from injury.
7. To minimize anxiety and support the patient/family/significant others.

PROCESS STANDARDS:

1. A quiet environment shall be maintained.
2. Neurological and vital sign checks will be done every 4 hours unless otherwise ordered.
3. The head of bed will be elevated at least 30° unless otherwise ordered.
4. The head/neck will be maintained in midline or neutral position to promote circulation
5. Orientation to person, place, time and situation (x 4) will be performed at least every 8 hours.
6. Intake and output will be monitored and documented every 8 hours.
7. Nutritional intake will be monitored every 8 hours.
8. Bowel elimination will be assessed daily and MD notified if no BM within 3 days.
9. The patient/significant others will be instructed regarding the care provided including an explanation of the checks and tests involved.

OUTCOME STANDARDS:

At the time of discharge:

1. Neurological checks will have been within normal limits for the 24 hours prior to discharge, as possible for the patient.
2. The patient will be adequately hydrated as evidenced by normal skin turgor and will have adequate nutritional intake as appropriate for the patient.
3. The patient will have incurred no injuries.
4. The patient/significant others will express basic understanding of follow-up care.

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HAVE I DOCUMENTED:

- * Neurologic checks
- * Bowel movements
- * I&Os
- * Nutritional intake
- * Patient education
 - Purpose of neurochecks
 - Signs and symptoms of changes in ICP
 - Measures to avoid

At The Time of Discharge:

- * Neurologic status normal for past 24 hours
- * Patient/family has understanding of home and follow-up care

Monitoring for ICP can only be performed in the ICU.

Reference:

1. Burke, K. et. al. Medical Surgical Nursing Care, 2nd ed. (2007). Chapter 38: Caring for Patients With Intracranial Disorders: Patients with Increased ICP and Altered LOC. Pearson Prentiss Hall: New Jersey. Accessed 10/29/2009 [AR, LA, OK Libraries - LSU - Shreveport -- Medical-Surgical Nursing Care - 2nd Ed. \(2007\)](#)
2. Doenges et. al., Nurses Pocket Guide: Diagnosis, Prioritized Interventions, and Rationales-11th ed. (2008). *Ineffective Perfusion*. Philadelphia: F.A. Davis.