**ASSESSMENT OF UNIVERSAL SELF CARE REQUISITES**

**DEFINITION:** Organized and systematic process of collecting data from a variety of sources to evaluate the health status of a patient.

<table>
<thead>
<tr>
<th>Universal Self Care Requisites</th>
<th>Nursing Diagnosis</th>
<th>Expected Outcomes</th>
<th>Nursing Interventions</th>
<th>Rationale</th>
<th>Outcome Assessment</th>
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</thead>
<tbody>
<tr>
<td><strong>DEFINITION:</strong></td>
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<td>(USCR) the category of self-care requisites that are basic and common to all humans and are constantly present; these needs must be met to achieve optimal health and well-being. There are eight universal self-care requisites:</td>
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<td>(1) AIR</td>
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<td>(2) FOOD</td>
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<td>(3) WATER</td>
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<td>(4) ELIMINATION</td>
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<td>(5) ACTIVITY AND REST</td>
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<td>(6) SOLITUDE AND SOCIAL INTERACTION</td>
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<td>(7) PREVENTION OF HAZARDS</td>
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<td>(8) NORMALCY</td>
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<td>Self-Care Agency (SCA) - assets or abilities of an individual to perform self-care. Self-Care Deficit (SCD) - deficit relationship that exists when the demand for self-care exceeds the person's ability to perform self-care.</td>
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<td>Nursing System: the series of organized concrete action performed by nurses in collaboration with the patient. There are three types of nursing systems: (1) wholly compensatory (2) partly compensatory (3) supportive-educative</td>
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<td>Problem: statement of the patient's risk for or actual health problem that the nurse is licensed and accountable to treat. Etiology: factors &quot;related to&quot; or &quot;associated with&quot; the patient's problem. Signs and Symptoms: manifestations of problem identified.</td>
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<td>Desired or expected outcomes or resolution of nursing diagnosis. ( ) ( ) ( ) ( )</td>
<td>Direction for nursing action designed to assist the client and/or significant other to meet the expected outcomes. Nursing actions are specific, realistic, and individualized for a particular patient. Components of nursing actions: 1. Precision action verb 2. Content area a. What-the actual measure performed b. Where - specific area c. How- the means by which measures will be adopted d. When - time element, how long or how often the nursing action is to occur 3. Categories of Interventions ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )</td>
<td>Document all reference sources with author, title edition and page.</td>
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**DEFINITION:**
Scientific principles, theories or concepts underlying nursing interventions:

Document all reference sources with author, title edition and page.

**DEFINITION:**
Responses to or results of nursing interventions. An assessment of relative data is made. These outcome assessments describe how the patient looks, feels or behaves after nursing action has been implemented. May include proposed modifications or present plan for improvement of nursing care.

(Rev. 5/04)
**NURSING DIAGNOSIS: NANDA 2003**

### AIR
**RESPIRATION**
- Airway clearance, ineffective
- Aspiration, risk for
- Breathing pattern, ineffective
- Gas exchange, impaired
- Spontaneous ventilation: inability to sustain
- Ventilatory weaning response, dysfunctional
- Ventilation, impaired spontaneous

### WATER
**CIRCULATION**
- Adaptive capacity intra-cranial, decreased
- Cardiac output, decreased
- Dysreflexia
- Tissue perfusion, ineffective (specify): cerebral, cardio-pulmonary, renal, gastrointestinal peripheral

### FLUID
**FOOD/FLUID**
- Breastfeeding, effective
- Breastfeeding, ineffective
- Breastfeeding, interrupted
- Dentition, impaired
- Infant feeding pattern, ineffective
- Nausea
- Nutrition, imbalanced: less than body requirements
- Nutrition, imbalanced: more than body requirements
- Nutrition, readiness for enhanced
- Nutrition, imbalanced: risk for more than body requirements

### ELIMINATION
**ELIMINATION**
- Constipation
- Constipation, risk for
- Constipation, perceived
- Diarrhea
- Incontinence, bowel
- Incontinence, functional (urinary)
- Incontinence, reflex (urinary)
- Incontinence, stress (urinary)
- Incontinence, total (urinary)
- Incontinence, urge (urinary)
- Urinary elimination, impaired
- Urinary elimination, readiness for enhanced
- Urinary retention

### ACTIVITY/REST
**ACTIVITY/REST**
- Activity intolerance
- Activity intolerance, risk for
- Disuse syndrome, risk for
- Diversional activity, deficient
- Fatigue
- Sleep deprivation
- Sleep, readiness for enhanced
- Sleep pattern, disturbed
- Transfer ability, impaired
- Walking, impaired

### HYGIENE
- Self-care deficit (specify): feeding, bathing/hygiene, dressing/grooming, toileting

### COMFORT
- Pain, (acute)
- Pain, chronic
- Injury, risk for
- Perioperative positioning injury, risk for
- Physical mobility, impaired
- Social isolation

### SOLITUDE–SOCIAL ISOLATION
**EGO INTEGRITY**
- Adjustment, impaired
- Anxiety, death
- Anxiety (specify level)
- Body image disturbed
- Conflict, decisional (specify)
- Coping, ineffective
- Conflict, parental role
- Coping, ineffective community
- Coping, community, readiness for enhanced
- Coping, compromised family
- Coping, family, readiness for enhanced
- Coping, defensive
- Coping, readiness for enhanced
- Denial, ineffective
- Energy field, disturbed
- Fear
- Grieving, anticipatory
- Grieving, dysfunctional
- Hopelessness
- Personal identity disturbed
- Post trauma response
- Powerlessness
- Powerlessness, risk for
- Rape-trauma syndrome
- Rape-trauma syndrome: compound reaction
- Rape-trauma syndrome: silent reaction
- Relocation stress syndrome
- Relocation stress syndrome, risk for
- Self-concept, readiness for enhanced
- Self-esteem, chronic low
- Self-esteem, situational low
- Self-esteem, situational low, risk for
- Sorrow, chronic
- Spiritual distress
- Spiritual distress, risk for

### SOCIAL INTERACTION
- Caregiver role strain
- Caregiver role strain, risk for
- Communication impaired, verbal
- Communication, readiness for enhanced
- Community coping, enhanced, potential for
- Community coping, ineffective
- Environmental interpretation syndrome, Impaired
- Failure to thrive, adult
- Family coping, ineffective: compromised
- Family coping, ineffective: disabling
- Family coping, potential for growth
- Family process, dysfunctional: alcoholism
- Family processes, interrupted
- Family processes, readiness for enhanced
- Loneliness, risk for
- Parent/infant/child attachment impaired, risk for
- Parental role conflict
- Parenting, Impaired
- Parenting, impaired, risk for
- Parenting, readiness for enhanced
- Role performance, Ineffective
- Role strain, caregiver
- Role stress, caregiver, risk for
- Social interaction, impaired
- Social isolation
NEUROSENSORY
Adaptive capacity, decreased – intracranial
Confusion, acute
Confusion, chronic
Dysreflexia, autonomic
Dysreflexia, risk for autonomic
Infant behavior, disorganized
Infant behavior, disorganized, risk for
Infant behavior, organized, potential for enhancement
Memory, impaired
Peripheral neurovascular dysfunction, risk for
Sensory-perceptual alterations (specify): visual, auditory, kinesthetic, gustatory, tactile, olfactory
Thought process, disturbed

SEXUALITY (COMPONENT OF EGO INTEGRITY AND SOCIAL INTERACTION)
Sexual dysfunction
Sexuality patterns, ineffective

HAZARDS
SAFETY
Body temperature, imbalanced, risk for
Environmental interpretation syndrome, impaired
Falls, risk for
Health maintenance, ineffective
Home Maintenance, impaired
Hyperthermia
Hypothermia/infection, risk for
Infection: Risk for or actual
Injury, risk for
Latex allergy, response
Latex allergy response, risk for
Mobility impaired, physical
Mobility impaired, bed
Mobility impaired, wheelchair
Perioperative positioning injury, risk for
Poisoning, risk for
Protection, ineffective
Self-mutilation
Self-mutilation, risk for
Skin integrity, impaired
Skin integrity, impaired, risk for
Suffocation, risk for
Suicide, risk for
Surgical recovery, delayed
Thermoregulation ineffective
Tissue integrity, impaired
Trauma, risk for
Violence, other directed, risk for
Violence, self directed, risk for
Wandering

NEUROSENSORY
Confusion, acute
Confusion, chronic
Infant behavior, disorganized
Infant behavior, disorganized, risk for
Infant behavior, organized, readiness for enhanced
Memory, impaired
Peripheral neurovascular dysfunction, risk for
Sensory-perceptual disturbed (specify): visual, auditory, kinesthetic, gustatory, tactile, olfactory

NORMALCY
EGO INTEGRITY
Fear
Grieving, anticipatory
Grieving, dysfunctional
Hopelessness
Personal identity disturbed
Post-trauma syndrome
Post-trauma syndrome, risk for
Spiritual well-being, Readiness for enhanced

TEACHING/LEARNING
Development, risk for delayed
Growth and development, delayed
Growth, Risk for disproportionate
Health-seeking behaviors (specify)
Knowledge deficient (specify)
Knowledge (specify), readiness for enhanced
Management of therapeutic regime, effective
Management of therapeutic regime, ineffective
Management of therapeutic regimen, readiness for enhanced
Management of therapeutic regimen: Community, ineffective
Management of therapeutic regimen, family ineffective
Non-compliance [compliance, altered] (specify)

Revised: 2004