

# (LYME DISEASE) NURSING CARE PLAN

Medical Diagnosis: Lyme Disease		
<b>Subjective Data:</b>  Initial Symptoms <ul style="list-style-type: none"> <li>• Headache</li> <li>• Fatigue</li> <li>• Muscle / joint pain</li> </ul> Advanced Symptoms: <ul style="list-style-type: none"> <li>• Neck stiffness</li> <li>• Nerve pain</li> <li>• Short-term memory loss</li> <li>• Dizziness</li> <li>• Shortness of breath</li> </ul>	Nursing Intervention (ADPIE)	Rationale
	Assess skin for rash	Classic, hallmark symptom of Lyme Disease is the bullseye rash at the site of the tick bite that is non-painful and not itchy. Other areas may develop rash as the disease progresses if not treated.
	Perform 12-lead ECG	Lyme carditis is a complication of Lyme disease and may cause cardiac dysrhythmias and chest pains.
	Apply cool compresses to swollen and painful joints	Patients will commonly complain of joint swelling and pain, especially of the knees, which are warm to touch. Cool compresses help relieve pain and swelling.
<b>Objective Data:</b>  Initial Symptoms <ul style="list-style-type: none"> <li>• Bullseye rash (erythema migrans)</li> <li>• Fever / chills</li> <li>• Swollen lymph nodes</li> </ul> Advanced Symptoms: <ul style="list-style-type: none"> <li>• Facial palsy</li> <li>• Inflammation of the brain / spinal cord</li> <li>• Palpitations and irregular heartbeats</li> </ul>	Administer medications appropriately	Antibiotics are given as soon as the disease is detected to treat Lyme disease.
	Educate patients and family members on ways to reduce risk of Lyme disease	Prevent re-exposure and further complications
	Assist with ROM exercises; AROM and PROM	Encourage mobility and loosen painful joints