

(VARICELLA/CHICKENPOX) NURSING CARE PLAN

Medical Diagnosis: Varicella/Chickenpox		
Subjective Data: <ul style="list-style-type: none"> • Intense itching • Body aches • Loss of appetite • Fatigue • Headache 	Nursing Intervention (ADPIE)	Rationale
	Perform complete physical assessment	Get baseline to determine effectiveness of interventions. Note stage of disease: active, fluid filled blisters or scabbed and crusted lesions.
	Monitor vital signs	Fever often accompanies a chickenpox outbreak. Other changes in vital signs can indicate development of systemic infection.
	Assess skin for signs of secondary infection	Itching leads to scratching and scratching leads to open wounds which are a breeding ground for bacteria and infection.
Objective Data: <ul style="list-style-type: none"> • Fever • Presence of papules/and vesicles • Crusts/scabs on skin 	Trim nails or cover hands of infants and toddlers	Keeping the nails short or covered helps prevent scratches in the skin that can lead to infection.
	Encourage rest	When the body is resting, more energy can be devoted to healing. This can also help to minimize fatigue and discomfort.
	Manage itching	Cool compresses Baths with oatmeal or cornstarch Helps relieve itching and soothe irritating skin
	Administer medications appropriately	Oral antivirals Oral antihistamine Oral or rectal acetaminophen Topical calamine ** Avoid giving aspirin or other salicylates to children with viral illnesses due to risk for Reye's Syndrome** Antiviral (acyclovir) medications may help lessen the severity or shorten the duration of the disease Antihistamines (diphenhydramine) are given to relieve itching Acetaminophen is often given to treat fever and pain Calamine lotion, cream or gel may be applied to help relieve itching and discomfort

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	Encourage hydration	Water is better than sugary drinks to maintain hydration, even if child has little appetite. Children may be more responsive to popsicles for replacement of fluid and electrolytes.
	Provide education for patient and parents regarding: Preventing the spread of disease Infection control Vaccines When to return to school / daycare	<p>The virus can be spread to others until all lesions have crusted over, therefore, the child should not return to school or daycare until they are no longer contagious, even if feeling better.</p> <p>Good hand hygiene can help spread infection.</p> <p>Varicella vaccine may be given 3-5 days after exposure (before symptoms begin) to prevent or lessen the severity of the disease.</p> <p>All children over 12 months of age should be vaccinated</p>