

# NURSING CARE PLAN (NEURAL TUBE DEFECT, SPINA BIFIDA)

## Medical Diagnosis: Neural Tube Defect, Spina Bifida

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> <li>• Muscle weakness</li> <li>• Lack of sensation</li> </ul>	Perform newborn assessment; APGAR score and physical examination	Observe for presence of abnormalities or physical defects.  Note spinal column, abnormal tufts of hair or dimples on infant's back that indicate a closed neural tube defect or spina bifida occulta.
	Assess and monitor vital signs	Gather baseline information, monitor for changes or signs of complications. Autonomic instability is possible with spinal cord involvement.
	Apply moist, sterile dressing over sac. Provide dressing care as needed and per facility protocol	Moist dressings prevent drying of the sac that can cause rupture and risk infection.
<b>Objective Data:</b> <ul style="list-style-type: none"> <li>• Abnormal tuft of hair or dimple on back</li> <li>• Protrusion of a sac from an opening in the spinal column</li> <li>• Lack of movement in lower extremities</li> <li>• Urinary or fecal incontinence later in life (lack of control)</li> </ul>	Assess temperature and signs of infection. Assess for irritation, redness, swelling or drainage around the sac.	Exposure of a fluid sac or spinal cord through opening in the skin increases risk of bacterial infection
	Perform careful handling during nursing care. Change process of care activities as appropriate	Be careful to avoid trauma to the sac to prevent further damage to the spinal cord
	Provide pre- and post- surgical care	Surgical site care should be done using sterile technique following surgery to prevent infection.
	Administer medications appropriately	Antibiotics may be given empirically to prevent infections. Antispasmodics and anticholinergics may be given to help bladder incontinence.
	Assess bowel and bladder function	Note the presence of neurogenic bladder and amount of incontinent care required. Insert urinary catheter, provide catheter care, monitor urine output.
	Provide incontinence care as required	Perform intermittent catheterization as required. Can educate older patients to self-catheterize Assist with bladder emptying as necessary (Crede's maneuver). Provide bowel and skin care to prevent skin breakdown

# NURSING CARE PLAN (NEURAL TUBE DEFECT, SPINA BIFIDA)

	Nursing Intervention (ADPIE)	Rationale
	Provide range of motion exercises	Promote strengthening and prevent contractures and atrophy of muscles
	Provide assistance with assistive devices for mobility	Patient may require splints, braces, wheelchair or other devices as he/she grows according to level of disability.
	Provide resources and education for parents / caregivers	Resources Home care Relieve anxiety  Provide emotional support for care of patient. Relieve some stress by providing education and access to resources.