Prevalence of documented nursing diagnoses in a Medical Clinic Unit

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- **Introduction:**

The analysis of the prevalence of nursing diagnoses (ND) [1] allows for assessing the profile of patients in a specific unit. It can guide the development of care protocols and help make clinical decisions. It is possible, for example, to identify the most efficient nursing interventions for the most frequent diagnoses and, consequently, to achieve better results in the care provided by the nursing team that works with a similar clinical profile. Considering that the profile of diagnoses of specific populations is essential information for the management of nursing care, the present study was carried out.

- **Study purpose:**

 To describe the prevalence of nursing diagnoses in a Medical Clinic Unit.

- **Methodology:**

A cross-sectional, retrospective study with a quantitative approach was carried out at the Medical Clinic Unit of the University Hospital of the University of São Paulo, Brazil. The sample size was 386 patient health records. The patients' documented nursing diagnoses and clinical and social data were collected from the electronic system of clinical nursing documentation. The nursing diagnoses considered were those documented in the nursing assessment at the patient's hospital admission. The study was approved by the Research Ethics Committee.

- **Results:**

✓ Total of nursing diagnoses – 1,348
✓ Mean per patient – 3.5 (SD 1.9)
✓ Total number of different labels - 56

Nursing diagnoses with a frequency greater than 10% documented for patients at the Medical Clinic (n=386), São Paulo, Brazil, 2022.

Nursing Diagnoses	N	%
Risk diagnoses		
Risk for adult falls (00303)	155	(40.2)
Risk for unstable blood glucose level (00179)	114	(29.5)
Risk for adult pressure injury (00304)	80	(20.7)
Risk for infection (00004)	61	(15.8)
Problem-focused diagnoses		
Toileting self-care déficit (00110)	135	(35.0)
Acute pain (00132)	107	(27.7)
Impaired tissue integrity (00044)	65	(16.8)
Ineffective breathing pattern (00032)	49	(12.7)
Impaired comfort (00214)	46	(11.9)
Decreased cardiac output (00029)	45	(11.7)

- **Results:**

Of the 386 patients whose medical records made up the study sample, there was a predominance of males (210; 54.4%), with a mean age of 63.6 ± 9.2 years, being predominantly elderly (>60 years; 65%). The high prevalence of risk diagnoses demonstrates the concern of nurses in patient safety, as the early and correct identification of risks at the time of admission allows the planning of nursing care with effective interventions to prevent avoidable complications, contributing to safety and the quality of nursing care.

- **Conclusion:**

Various diagnoses were observed in the study, and the most prevalent ones were identified. These diagnoses are representative of patient needs and contribute to building the profile of the patients usually in this ward. These data favor the elaboration and implementation of evidence-based protocols, helping the practice to improve the quality and safety of care.

Reference
1.NANDA-I nursing diagnoses: definitions and classification 2021-2023 12. ed. – Porto Alegre: Artmed, Edited as a printed book in 2021.

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