00032 Ineffective breathing pattern

Definition of the NANDA label

Alteration of inspiration or expiration that makes adequate ventilation impossible.

Inspiration and/or expiration that does not provide adequate ventilation.

Defining characteristics

- Decrease in the inspiratory pressure / expiratory pressure ratio.
- Dyspnea and orthopnea.
- Short of breath.
- Decreased minute ventilation.
- Decreased vital capacity.
- Prolongation of expiratory phases.
- Increase in anteroposterior thoracic diameter.
- Alteration of thoracic movements and nasal flaring.
- Use of accessory respiratory muscles.
- Respiratory frequencies:
  - Adults < 11 or > 24.
  - Infants < 25 or > 60.
  - Children from 1 to 4 years old < 20 or > 30.
  - Children from 5 to 14 years old < 15 or > 25.
Breathing capacity:
- Adults VT: 500 ml at rest.
- Children VT: 6-8 ml / kg of weight.

Related factors

- Perception or cognitive disorders.
- Neuromuscular dysfunction.
- Musculoskeletal disorders.
- Deformity of the chest wall.
- Bone disease.
- Hypoventilation syndrome.
- Decrease in the energy / fatigue ratio.
- Hyperventilation.
- Pain.
- Anxiety.
- Spinal cord injury.
- Fatigue of the respiratory muscles.
- Obesity.
- Neurological immaturity.
- Body position.

Associated condition

- Bony deformity
- Chest wall deformity
- Hypoventilation syndrome
- Musculoskeletal impairment
- Neurological immaturity
- Neurological impairment
- Neuromuscular impairment
- Spinal cord injury

NOC

- Status of vital signs.
- Respiratory status: permeability of the airways
respiratory.
- Respiratory status.

**NIC**

- Monitoring of vital signs.
- Respiratory monitoring.
- Aspiration of the airways.
- Airway management.
- Helps with ventilation.