

Myasthenia Gravis Nursing Care Plan

Definition

Myasthenia Gravis is a chronic autoimmune neuromuscular disorder characterized by muscle weakness and fatigue that worsens with activity and improves with rest, caused by antibodies blocking acetylcholine receptors at the neuromuscular junction.

Nursing Diagnosis

Impaired Physical Mobility related to neuromuscular weakness and fatigue as evidenced by difficulty performing activities of daily living.

Risk Factors/Causes

- Autoimmune response targeting acetylcholine receptors
- Thymus gland abnormalities
- Genetic predisposition
- More common in women under 40 and men over 60

Nursing Interventions and Rationales:

Schedule activities during periods of peak energy and strength

- Rationale: Maximizes patient's functional abilities and conserves energy for essential activities

Monitor respiratory status and maintain emergency equipment nearby

- Rationale: Prevents respiratory complications and ensures quick response to myasthenic crisis

Administer anticholinesterase medications at precise scheduled times

- Rationale: Maintains consistent therapeutic drug levels to optimize muscle strength and function

Plan rest periods between activities and assist with ADLs as needed

- Rationale: Prevents excessive fatigue and muscle weakness while promoting independence when possible

Desired Outcomes:

Patient will maintain optimal muscle strength throughout the day, demonstrate proper energy conservation techniques, and perform ADLs safely within individual capacity while avoiding myasthenic crisis.