

Writing a Care Plan

Nursing

PES diagnosis statements and SMART goals — the two halves that blur.

A nursing diagnosis names a response you can treat; a goal names a change you can measure.

Problem + Etiology + Signs = PES statement

Problem

The human response

Impaired mobility

Related to

The etiology

post-op pain

Evidenced by

The evidence

walks 3 m, guarding

THE COMMON MISTAKE

✗ **Goal: patient will mobilise better.**

✓ **Goal: walks 20 m with a frame by day 3.**

A goal with no number and no date cannot be evaluated, so the plan can never be closed, revised or shown to have worked.

Educational reference. Diagnostic labels and plan formats vary by programme and country; follow the taxonomy your course teaches.