

NURSING CARE PLAN FOR WEIGHT LOSS:

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - Patient reports loss of appetite and unexplained weight loss.</p> <p>Objective Data: - Notable weight reduction; lab tests show low protein levels.</p>	<p>Imbalanced Nutrition: Less Than Body Requirements related to decreased caloric intake as evidenced by weight loss and low albumin levels.</p>	<p>Short-Term: - Within 48 hours, the patient will consume small, frequent meals.</p> <p>Long-Term: - Patient will maintain a stable weight and improved nutritional markers.</p>	<p>Develop a high-calorie, nutrient-rich dietary plan; provide education on food choices and meal timing.</p>	<p>Collaborate with a dietitian; monitor daily food intake and weight; offer nutritional supplements if needed.</p>	<p>Adequate nutrition supports tissue repair and improves overall energy levels.</p>	<p>Weight stabilizes; lab values improve; patient reports increased appetite.</p>
<p>Subjective Data: - Patient experiences fatigue and weakness.</p> <p>Objective Data: - Reduced muscle mass; low energy levels observed.</p>	<p>Chronic Energy Deficit related to insufficient caloric intake as evidenced by fatigue and muscle wasting.</p>	<p>Short-Term: - Within 24 hours, the patient will report reduced fatigue after small meals.</p> <p>Long-Term: - Patient will maintain energy levels and improved muscle strength.</p>	<p>Plan to administer appetite stimulants as prescribed and schedule frequent, balanced meals.</p>	<p>Provide prescribed medication; assist with meal planning; monitor energy levels throughout the day.</p>	<p>Increasing caloric intake helps boost energy and supports muscle preservation.</p>	<p>Patient reports increased energy; muscle strength shows gradual improvement.</p>

<p>Subjective Data: - Patient expresses anxiety about poor nutrition and health deterioration.</p> <p>Objective Data: - Patient appears worried; inconsistent meal patterns observed.</p>	<p>Ineffective Health Management related to lack of knowledge about nutritional self-care as evidenced by irregular eating habits and expressed concern.</p>	<p>Short-Term: - Within 24 hours, the patient will verbalize key nutritional strategies.</p> <p>Long-Term: - Patient will adhere to a structured meal plan and follow up with a dietitian.</p>	<p>Develop an education plan with clear, written instructions and interactive sessions on nutrition and self-care.</p>	<p>Conduct individual teaching sessions; provide handouts; schedule regular reviews of the meal plan.</p>	<p>Education empowers patients to manage their nutritional needs effectively.</p>	<p>Patient demonstrates understanding; adherence to the meal plan improves; follow-up confirms consistency.</p>
---	---	--	--	---	---	---