

Nursing Care Plan for Hypocalcemia

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
Patient presents with muscle cramps, numbness, and tingling. Chvostek's and Trousseau's signs positive. Serum calcium <8.5 mg/dL.	Risk for Injury related to muscle spasms and seizures	Patient will remain injury-free.	Maintain a safe environment, monitor neurological status.	Implement fall precautions, provide IV calcium if needed.	Prevents complications from neuromuscular excitability.	No injuries occur, symptoms reduce.
Patient reports shortness of breath and hoarseness. O2 saturation 88%.	Impaired Gas Exchange related to laryngeal spasm	Patient will maintain O2 saturation >95%.	Monitor respiratory status, prepare emergency airway equipment.	Provide oxygen therapy, administer IV calcium.	Laryngeal spasms can cause airway obstruction.	Patient maintains normal oxygen levels.
ECG shows prolonged QT interval. Patient reports palpitations.	Risk for Cardiac Dysfunction	Patient will maintain stable cardiac function.	Monitor ECG, administer IV calcium.	Place on continuous cardiac monitoring.	Hypocalcemia can cause arrhythmias.	ECG normalizes, no further arrhythmias.
Patient has inadequate calcium intake.	Imbalanced Nutrition	Patient will increase calcium intake.	Educate on calcium-rich foods, supplement if needed.	Provide dietary counseling, monitor intake.	Adequate calcium prevents recurrence.	Patient meets daily calcium intake goals.